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Health Beauty & fitness
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WALES MARCH ON GARETH JAMIESON
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EVERYBODY'S ON THE RUN AT CHARITY EVENT!

Cowbridge was on the run last Sunday. For a report and more photographs by Mike Wilcock, see page 6.

ABOVE: Richard Ballantyne.

COWBRIDGE MAN REACHES END OF LONG ROAD AND IS NOW A 'MASTER OF WINE'

by PHILIP IRWIN

THERE was great news this week for Cowbridge resident Richard Ballantyne – but the sting in the tail is that he may now be the town's most intimidating dinner guest.

After all, when planning a soiree or dinner party, it can be tricky choosing the right wine to accompany your latest attempt to create a Masterchef show-stopper.

Think how scary it could get if one of your guests is a 'Master of Wine'!

What's more, the title Master of Wine (MW) is no ten-a-penny correspondence course. In the world today there are only 353, scattered through 28 countries, and this Monday Richard was one of 13 new masters.

The name Ballantyne's is well known in Cowbridge. The wine merchants in Westgate was run by Richard and his father, and it closed in 2006.

They also had a similar store in Pontcanna, Cardiff, from 2002 to 2011.

Although Richard studied electronic engineering, the wine business was always beckoning, and he joined the family business in 1991 at the age of 18.

Richard told The GEM: "Since the Pontcanna store closed, I have worked for three wine importing companies.

"In 2011, I joined wholesaler Matthew Clark as their wine development specialist for London in the new business team, and a year or so later became regional account manager for Armit Wines.

"I spent four years there working with the great retailers and wholesalers of the UK with a portfolio heavy with the great producers of Italy."

Richard is now UK accounts manager for Vinexus, a specialist importer of Italian wines, and readers may have guessed by now that Italy has become his obsession, more precisely the great wines of Piedmont.

CONTINUED ON PAGE 7

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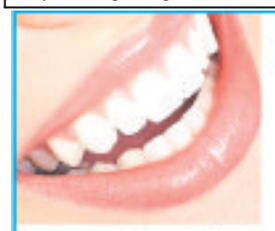

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• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

Auditor General's praise for council 'rubs very raw'

I WAS delighted to read in The GEM that the Welsh Audit Office (WAO), has praised our council for its vision and commitment to the future.

As a resident of Rhoose, I have seen the council cut our local library service, mismanage the local refuse service and approve a massive increase in private housebuilding, without any evidence of investment in village infrastructure or services. Where is the vision or commitment to its ratepayers?

My MP (name constantly in print) is never short of criticism of our local councillors, so no doubt he will not see a photo opportunity in this marvellous decision by the WAO, although as Welsh Secretary we should be able to hold him accountable!

PR statements like this in The GEM from our council rub very raw in the week we see the builders take over their HQ offices to refurbish the building at a cost of many hundreds of thousand pounds!

No doubt the new floor tiles in the council chamber will cheer them all up when they hang their heads in shame.

Steve Reed, Rhoose

Happy retirement to park stalwarts

WE wish Gwyn and Glenda Maddox a wonderful retirement.

After 37 years as managers at Porthkerry Leisure & Caravan Park, they thoroughly deserve to enjoy retirement life in the slower lane.

After over a decade at this park ourselves, we have come to know them and they have given us an abundance of help and advice.

Good health and happiness to you both. You will be missed.

Bob and Christine Evans, Cwmbran

Grateful thanks

ON August 17, I had a fall in Holton Road and was kept overnight in hospital.

A number of people were very kind – the lady who attended to my face; the lady who called my family; Dave the TNT driver who phoned the ambulance; and Sue and Helen in A & E.

My grateful thanks to you all.

Audrey Thomas, Barry

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Time for a rethink about cycle routes

I READ with much interest, the letter by Keith Stockdale aka 'Grey Cloud' headlined 'Time for rebirth of cycling forum'.

So I will start by asking why cyclists do not readily favour the so called purposed-built cycle tracks springing up all over the Vale?

The answer is quite simple. Many cyclists using the roads of the Vale find it very hard to see the logic in the layout of these so called environmentally friendly cycle tracks.

I was once an avid cyclist until my health got the better of me. When I gave up regular cycling, today's cycling routes were in their infancy. I have studied the layouts of the modern cycle paths/routes and would say they are sometimes seemingly very dangerous when considering entry and access points.

The real problem with the designs of new cycleways is not that the cyclists ignore them, but they feel that these routes are flawed and ill thought out.

For example, you can be cycling along one of these tracks when all of a sudden it abruptly ends, forcing the cyclist out into fast-moving traffic.

The second example is both time consuming and again presents risk to the cyclist. They can be travelling along quite happily only to find they have to stop because the track has ended with a sign directing the cyclist across the main road to relocate the track, now on the opposite side of the road.

Nothing can be more frustrating for a cyclist than to be waiting at these crossing points (often over 20 times per journey) and having to wait for a safe gap in the traffic.

Unless proper planning and design goes into the building of these so called sustainable transport routes, then it is obvious the cyclist is not going to want to use them. This then angers motorists, as very often there are quite a few inconsiderate cyclists riding two abreast in heavy traffic.

It is time for a rethink.

The millions currently being spent on higgledy-piggledy cycle track schemes is just going to be a waste of money and will never work in a month of Sundays.

Barrie Vaughan Evans
(Co-oordinator, Barry First Group)

'I'm happy with Arriva trains'

REGARDING the letter (September 1) about the service provided by Arriva Trains, I hold a senior railcard and make frequent use of it and I have nothing but praise for both the punctuality and cleanliness of the service.

I have regularly been on a train, going to either Merthyr, Aberdare or Pontypridd, when a cleaner has come around and collected any rubbish.

I have also found the majority, yes majority, of trains do run on time. Occasionally, problems do arise, but in all honesty, tell me one walk of life when that does not occur.

I would also like to say a personal thank you to Arriva staff member, Tracey, who works in the office at Barry station, who was not only helpful but I could say went out of her way when I recently had to cancel a trip to Taunton, and had to re-book to Gloucester.

So here is one fare-paying passenger who is very satisfied with Arriva's standard of service.

Stephen Newman, Barry

Brexiteers ignored realities predicted by 'those in the know'

I NOTE that some Brexit voters are demanding triggering Article 50 today, if not yesterday.

The mass of Brexiteers voted to leave because they either swallowed wholesale the lies of the prominent Brexit pushers whilst ignoring the realities predicted by those in the know, or thought they were casting a protest vote which would change little if anything.

While we respect democracy, 48 per cent who voted to remain, including this constituency, cannot simply be brushed aside on a matter as crucial as this.

After all, the actual numbers who voted to leave are significantly well below 50 per cent of the entire electorate, many of whom did not vote because they were too confused by the ill-managed referendum campaign all round.

Therefore the matter should be laid before Parliament and a second referendum called if MPs so decide, now that the realities of Brexit are beginning to dawn upon those who cast their leave vote without due consideration.

I'd also like to question why some of your Brexit-voting correspondents do not reveal their name. What do they fear? After all, by all news accounts, it is some extremely ill-informed tiny numbers of Brexiteers who have been threatening the remainers.

No accounts that I have seen shown the reverse. Could they be now ashamed of their ill judgement (surely not!)?

Marc Delaney, Barry

GEM note: The GEM did report that a 'Leave' supporter, who had a poster in his car, had it scratched. The incident was reported to South Wales Police.

Confusion over Lavis family

IN David Andrews' response to my article, re my Barry family, he is mistaken in regards to Samuel Lavis.

My great grandfather was born in Higham, Somerset, as were generations before him. As the Lavises are many in Somerset, his Samuel Lavis of Pitney must be a different branch of the family.

If Mr Andrew could contact The GEM, I would be happy to put him in touch with my source.

Pat Parry

No planning for Brexit

I WOULD like to respond to recent letters regarding my observation in The GEM about the current lack of movement on Brexit.

Yes indeed; I would trust the current Government to negotiate the best deal for Brexit.

Our Government not only negotiates all the other aspects that affect our society on our behalf, both good and bad, but was responsible for having delivered the EU Referendum in which the majority of people who voted advised them that they wish to leave the EU.

Who else should negotiate it? I certainly wouldn't trust Jeremy Corbyn or Owen Smith to negotiate anything that was in British interests, and it is unlikely that Nigel Farage will be invited to build a Brexit negotiation team.

The longer that we are in this phoney Brexit period, the longer British industry is subjected to the uncertainty that comes with it.

International companies are faced with this uncertainty when making investment decisions.

My point is that if PM May sets a date for triggering Article 50, then this uncertainty evaporates. Until she does that, anything that she says or does is irrelevant.

In my mind, the current Government has been remiss in its duties when it delivered the EU Referendum.

Although part of the Government wanted Britain to remain shackled to the EU, it should have had in place a team and a plan for what to do should Britain vote to leave; as indeed it did.

Those of us who drive a car do not wish to have a puncture; but we carry a spare tyre all the same. We plan for that contingency and therefore are prepared when it should happen. We should have been where we are with Brexit today, on June 24, the day after the Referendum.

This brings me to the question raised by Mr Kennett. Britain knowing what the terms it would like for a Brexit should have been worked out with experts in their fields before the Referendum was announced. The Government has been either arrogant or incompetent in its managing of one of the most momentous events in recent history. I don't know which.

As running the country is not my occupation, it is my simplistic and layman's view that we should revoke the 1972 European Communities Act, thereby severing all treaties and obligations. This would instantly help our fishing industry and many small businesses.

Like everyone, I have a list of no-brainers that we should do; such as deporting those criminals that Brussels says we cannot deport, but until someone contacts me and offers me the job of running Brexit, I am happy to keep these to myself.

I hope this has answered your questions.

(Name and address)

HIGH TIDE TIMES
(UNTIL SEPTEMBER 15)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
08 Thur	11.07	8.5	23.23	8.2
09 Fri	11.49	8.0		
10 Sat	00.11	7.8	12.51	7.6
11 Sun	01.22	7.4	14.14	7.3
12 Mon	02.58	7.3	15.46	7.7
13 Tues	04.18	7.8	16.49	8.3
14 Wed	05.15	8.4	17.39	9.1
15 Thur	05.59	9.2	18.23	9.7

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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U3A explore rock pools at Kenfig Sands

THE meeting of the Cowbridge U3A Natural History Group this month was a 'teach yourself' exercise in marine biology at Kenfig Sands – the timing was planned around a convenient low spring tide.

Ten of us met at Kenfig Nature Reserve on a warm, sunny day and, clutching buckets, carrying picnics and armed with reference books, we made our way through the dunes to the beach.

Having done our homework (well, some of us had!) and feeling a bit like kids going out to play in the rock pools, we spared a thought for teachers and children having to start back to school after the summer holidays.

We reached the beach about one and a half hours before low tide and the rocky outcrop aptly called Gwely'r Misgyl (Mussel Rock), which lies below the mean low water line, was well exposed, revealing its extensive mussel beds.

Immediately the group started exploring the rock pools, with the sharp-eyed and nimble managing to catch specimens in the buckets. We were very careful to return everything to where it was found and to replace any rocks that were moved in our search.

Not being experts, we did not succeed in identifying everything, but we found a selection of shrimps and blennies, hermit and shore crabs, common starfish, barnacles, and the wonderfully built tubes of sand which are the homes of the honeycomb worms, as well as the similar structures made by the ross worm, which uses shell for the same effect.

There was not a lot of seaweed evident, but there was some serrated wrack, little wrack, sea lettuce and even a little sea oak (pod-weed), so I'm reliably informed.

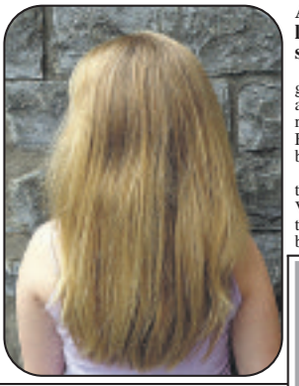
Razor shells and sea potato tests added to the haul and the catch of the day was, sadly, a very recently deceased sole.

As well as checking the pools, we also stopped to watch the birdlife. Amongst the gulls and oystercatchers, there was a flock of sanderling scurrying about on the shoreline and small flocks of turnstone and grey plover, fantastically well camouflaged on the rocks.

Some of us ventured to the furthest point of the outcrop when the tide was on the turn, before making our way back over the rocks to join the others on the beach for the half an hour walk back through the dunes to the car park.

TJ

Gemma's hair is going to little princesses – for a second time!



A LOCAL girl is donating her long hair to charity – for the second time!

Gemma Chester is 12 years old and goes to Cowbridge Comprehensive, and on September 13, she will be returning to the Cowbridge hair salon, Fich and Ramous, so that her locks can be donated to the Little Princesss Trust.

Gemma is also raising money, and the cash element will be donated to Velindre Hospital. She told The GEM that she had chosen the cancer hospital because her grandfather had been treated there.

She has a target of £300, and has already reached £195.

It was about three years ago, when Gemma was at Llangan Primary School, that she had her (then) very long hair cut off and donated to the Little Princess Trust.

Once again, her hair will be made into a wig for children who suffer hair loss during cancer treatment.

To sponsor Gemma, go to mydonate.bt.com/fundraisers/gemchester1

Autumn market and entertainment in Llantwit Major this coming weekend

LLANTWIT MAJOR events committee has organised an autumn market weekend, including entertainment, which will take place this Saturday and Sunday, September 11-12.

The market will run from 10am to 4pm each day and then in the evenings there will be entertainment served up from 7pm to 11.30pm.

Byron Evans chairman of the committee explained: "Most of the traders who attend the Llantwit fair events will be there.

"There's also going to be a stage and entertainment on both nights – live bands, a piper, a singer – and a bar and food.

"Everything will be taking place in the town hall car park.

"A marquee will be going up and there will be cookery, floral and craft demonstrations throughout the two days."

The great thing about having a marquee is that the weather won't be able to affect the day.

Byron said it would be a real fun event for local people although there was a serious side too.

"We will be collecting for the Vale Food Bank. People can either make a financial contribution to its work or bring donations of tinned food. There will also be a collection and raffle."

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Volunteers for local museum

THANK you for featuring us in last week's GEM.

On our opening last Saturday, we had two people who came in and volunteered to help us, having read about it in The GEM. We are always looking for more though!

We also had a visitor who, having read through The GEM of the Museum Trust reaching its 30th year, has donated a Cowbridge bottle in celebration of this, and wishing us continued success in what we are doing.

I have attached a picture of the bottle, which has now been logged in and placed in a showcase in Cell 3 at the museum.

Steve Harkett (Hon Sec, Cowbridge & District Museum Trust)

Bottle WL Jenkins, Cowbridge.

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COWBRIDGE MUSIC FESTIVAL LAUNCHES NEW VENTURES

COWBRIDGE Music Festival takes another step forward in bringing the best of 'live' classical music and jazz to the whole community with the launch of some exciting ventures this month.

The programme which, as usual, features concerts given by top international musicians, will also include a new series of live music events on Cowbridge High Street, one concert especially for families and two concerts given by young talented musicians, aged 18 and under, from all over south Wales.

During the course of the middle weekend (September 24-25) gypsy jazz groups, classical string quartets, harpists and jazz pianists will take to Cowbridge High Street to perform for weekend shoppers.

Festival director Mary Elliott, said: "We want our festival to reach all parts of the community and we're very aware that not everyone has the time or means to get to our evening concerts.

"We are therefore taking our musicians out onto the High Street so that all passers-by can experience the variety of music on offer. We also really want to do our bit to help bring trade to the High Street – without the support of so many of these local businesses we would not be where we are today."

Furthering its aim to provide opportunities for young musicians, Cowbridge Music Festival has recently created partnerships with three local organisations dedicated to the support or education of young musicians: Music in the Vale, Suzuki Cymru and the Royal Welsh College of Music and Drama Junior Conservatoire.

Together, they will present two concerts on September 24 and 25, given by young instrumentalists and singers aged between six and 18 years old.

Then, at 3pm on October 1 at Cowbridge Comprehensive School, the festival will be putting on its first ever concert designed for families.

In collaboration with Children's Musical Adventures, the festival will take families with children of all ages on a journey through time on board a 'Magical Musical Time Machine' with top British percussionists and presenters Patrick King and Owen Gunnell. Trumpets, trombones, French horns, tubas and every percussion instrument under the sun await.

With the addition of these new events, the seventh Cowbridge Music Festival will be presenting 22 events in total. "That's 19 more than we had back in 2010!" says Mary Elliott. "We're constantly looking to expand the festival and reach out and benefit more and more people – we've arrived at an important milestone this year but this is still just the beginning of what we hope to achieve in the long term."

For more information about the upcoming Cowbridge Music Festival, which takes place from September 17 – October 1, please visit www.cowbridgemusicfestival.co.uk.

ME

'Way forward' sought for cross-border patients

ABMU Health Board is setting up a joint working group to "find the best way forward" for a group of 'cross-border' residents to access GP services.

"A boom in new housing in Llanharan, Llanillid and surrounding areas of neighbouring Rhondda Cynon Taff has led to an increase in demand for GP services for people living on the border with ABMU and Cwm Taf university health board areas," a spokeswoman explained.

At present, Pencoed Medical Centre – which is in ABMU – also has a branch surgery in Llanharan in Cwm Taf's area. However, the branch surgery is too small to comfortably accommodate all the residents from the new housing estates.

"The issue is how best to make sure this group of new residents receive the service they need, when they live in one health board area but receive care from a surgery run by another," the spokeswoman added

Village produce on display at Treoes

TREOES restarted its horticultural show three years ago and this year the tables in the village were groaning with flowers, art and craft, photography – an amazing amount of produce and children's competitions.

Everything was homemade and locally grown, and the event has been renamed the Treoes Harvest Show.

An auction of bakery items, flowers and vegetables raised £255 to be split between Treoes Allotment Society, Saron Chapel and Treoes Community Hall.

Winners: Timbers Green Rose Bowl – for home produce: Third, Geoff Evans; second, Will Mordecai; winner, Bet Blythyn.

Arthur Thomas Cup – Children's section: Third, Dylan Hopkins; second, Siwan Clarke; winner, Sacha Hopkins.

Treoes and Llangan Cup – Domestic: Joint third, Jill Ham and Mair Richards; second, Anne Kitchen; winner, Lynn Price.

The Mary Powell Cup – floral and art and craft; third, Rhiannon Richards; second, Liz Matthews; winner, Paula Wilson.

Treoes and St Mary Hill Challenge Cup was awarded to Ann Kitchen, and the President's Cup was awarded to Will Mordecai.

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Successful WI village craft and produce show

IT was another very successful day for this annual event organised by Colwinston & Llysworney WI in Colwinston Village Hall.

There were more than 100 entries in classes ranging from single blooms, buttonholes, runner beans, tomatoes, Victoria sandwich, Welsh cakes, jam, chutney and, for the younger entrants, a decorated baseball hat and a hand print.

Two of the judges, Janet Vaughan and Heather Maclehose, commented on the high standards this year.

The show has been a feature for at least 10 years and goes from strength to strength.

Despite the variable summer weather, there were entries of mixed vegetables and herbs as well as garden flowers.

The craft section had a range of items made from wood, wool, fabric and recycled material.

The photos show president Liz Stone with the oldest competitor Jack Chamberlain, who had crafted a model boat and the youngest, Fraser Issacs, who made a hand print.

The group picture shows many of the prize winners, including Pat Johnson, Noni Bates, Mo Hawkins, Laura Hawkins, Kath Jones, Andrew Maclehose, Chris Gill, David Little, Dolores Howells, Carol Bell, Harriet Steggall, Will Steggall.

Computer classes for over-50 'seniors'

ATLANTIC College is offering 'seniors' – people aged over 50 and above – free computer classes at the college at St Donats Castle.

The courses, which will help people surf the 'net, shop, send photos and more, begin on September 13. *Call Christine on 01446 799076 for more information.*

Pregnant Barry woman assaulted by ex-partner

A 15-week pregnant woman was beaten up by her ex-partner when he broke into her Barry home where she was in the company of another man, Cardiff Crown Court heard, *writes AJ SICLUNA*.

Bethany Lloyd was "petrified" and at one point, after her attacker had put his foot against her throat as she lay defenceless on the floor, he told her he was going to kill her.

Luke Hurst (30), a roofer of Stockwood, Bristol, was jailed for two years after he admitted a charge of causing actual bodily harm.

Judge William Gaskell told him: "This was a prolonged and vicious assault on a pregnant woman. Your behaviour was utterly contemptible and cowardly. You were a controlling, jealous man."

Prosecutor Gareth James said at the time of the attack, Ms Lloyd was at her home in Main Street, Barry. She had been in a relationship with Hurst for 11 years. They had separated, but had got back together when it broke down again because of his jealousy.

On June 28, she was in her home with a male friend. At about 11.20pm, she was in the living room when Hurst stormed in.

She thought he must have got in through a bedroom window.

Her friend immediately left. Hurst examined her mobile phone and punched her to both sides of the face and nose.

"He grabbed her by the hair and dragged her into the hall, and continued to punch her. She struck her head against two picture frames, smashing the glass. He punched her again several times."

Mr James said he stamped on her thigh and put a foot against her throat before going to the kitchen and taking a black-handled knife, which he used in a "slashing motion" on her upper arms, causing scratches.

By now, he continued, she was weak and dizzy. Hurst told her he was going to kill her, repeatedly punched her legs and drew the knife across her wrist, before spitting in her face.

"Suddenly, he stopped, apologised and left," said Mr James.

She had many injuries, some to her feet, an arm, a cut wrist, bruising to the throat and bruising behind an ear.

Hurst was arrested shortly after, admitted the attack and expressed regret.

The court heard he had convictions for 50 offences, mostly drug related and for dishonesty. He had no convictions for violence.

His counsel, David Pinnell, said: "He has always been hard-working, but he lapsed into drug abuse. He accepts he was deeply jealous. He has apologised and there is no hope of rekindling matters. To say the least, he has lost everything."

The judge said that Hurst had been "indiscriminate" in the nature of his previous offending.

He told him: "Obviously, you should not go anywhere near your former partner when you are released."

He was ordered to pay a court surcharge of £140.

Forget-Me-Not taster

THE Forget-me-Not Chorus, the charity which supports people with dementia and their families through weekly singing sessions, will soon be holding a 'taster session' in Cowbridge.

Coun Liz George, the mayor of Cowbridge with Llanblethian, has chosen the Forget-me-Not choir as her charity for her term of office.

She said: "I personally know how difficult and isolating dementia can be for the person and for their family and carers. This choir offers an amazing opportunity to meet regularly, make friends and have a great time.

"I am delighted to be able to support the charity and would encourage anyone to go along and see for themselves what an uplifting experience it provides."

The charity recently established a choir in the Vale. Music director Kate Woolveridge and chorus manager Sarah Teagle are now looking to encourage more people living with dementia, and their friends or carers, to join them in the Vale choir.

The choir taster session is an opportunity for prospective members to experience and join in the fun with the 'Forget-me-Nots'. The taster session will take place from 2pm–3pm on Saturday, September 17 in the Lesser Hall, Cowbridge. Refreshments will be provided.

To book your place, please contact *aholloway@PenarthTownCouncil.org* or call 029 20713840. The Vale Forget-me-Not Chorus meets at 7pm to 9pm on Thursday evenings in Penarth.

For more information, contact hello@ForgetMeNotChorus.com.

GREAT FUN AS 'COWBRIDGE ON RUN' RAISES CANCER RESEARCH FUNDS

PHOTOGRAPHS by MIKE WILCOCK

THE fifth 'Cowbridge on the Run' race for Cancer Research UK took place this Sunday raising almost £1,500 for the charity.

This year's race was started by Vale MP and keen runner Alun Cairns, who also took part.

The event began as the male-only 'Men on the Run' race in 2011 to rival the nationwide female-only 'Race for Life'. It became 'Cowbridge on the Run' from the next year onwards due to high demand from women to enter.

Race organiser Ann Birt encouraged more local businesses to enter teams this year, with High Street fixtures such as Elephant and Bun Delicatessen, Bar 44 and HRT taking up the challenge.

Anne said: "The race on Sunday was one of the best. Cheerful runners from across the Vale and Cowbridge's competitive High Street teams contributed to a fantastic atmosphere for the event.

"We would love to see numbers increase next year so would be pleased to have feedback as to the optimum date for 2017. Would October be a better month for most?

"A huge thank you from the local Cancer Research UK committee to everyone involved. See you next year!"

Alun Cairns added: "This event is quickly becoming one of the most important dates in the Cowbridge calendar – it is great fun for a great cause. Everyone who came had a smile on their face.

"Anne has done a great job of bringing the community together. The cheerfully competitive local business teams and the new route made this year's race a particular joy to run."

Results: 5k 1st: Adam Woodward, 23.14 min; 2nd: Eve Bird, 23.44 min; 3rd: David Britton, 23.59. min. **5k** Under 18s: 1st: Eve Bird 2nd: Katy Treharne (no times available). **10k** 1st: Jason Kiely, 37.17 min; 2nd: Matt Couch, 42.10 min; 3rd: Andrew Jones (no time available).

Richard becomes Master of Wine!

CONTINUED FROM PAGE 1

Apart from being hooked on the Nebbiolo grape – most associated with Barolo and Barbaresco wines – Richard is interested in wines which show 'authenticity of style', wherever they may come from, but invariably this leads him back to his home turf of Italy.

The Masters of Wine examination consists of three stages – theory and practical first – followed by a research paper, an in-depth study on a wine-related topic from any area of the sciences, arts, humanities, or social sciences.

Theory is pretty much what it suggests – understanding the science of wine and all aspects of its production. You sit that in the morning, and come back in the afternoon for the practical.

It is in this session that you find out if you have a good enough palate to become a Master of Wine.

Richard said: "I had been tasting wine since I was a child, so I was fairly confident about this.

"You have two minutes with each sample, and have to identify the grape, the region, and as much else as you can."

Incidentally, wine tasting is 70 per cent smell, so if you don't measure up in that area, master of wine is out of your reach!

Having passed the theory and the practical (in 2010), Richard moved on to the in-depth study.

His first effort was rejected. Standards are high, and he was bluntly told that it fell short.

It was time for a rethink and so, taking on board the criticisms of the first, he submitted a second, detailed study.

That was turned down too.

Richard was beginning to realise why it was not east to be a MW!

So, he returned to his favourite wine, the complex red grown south of Turin called Barolo.

It is produced in a small area, with only 170 producers. It is a wine that has resisted modern production techniques. Screw tops, for instance, are illegal.

His research paper was entitled: "Barolo - Is there an economic benefit in producing under a Cru Label Designation? If there is, what are the reasons?"

This time, he found favour with the judges, and the big announcement came this week.

It means that if anyone in the world needs an expert in Barolo, Richard will be the one who will be recommended.

Barolo incidentally, ranges in price from £20 a bottle to £400. You may have seen bottles in supermarkets at around the £12 mark but, in Richard's opinion, these don't offer the true Barolo experience.

Later this year, Richard will be at the Vintner's Hall in London for his official induction as a Master of Wine.

After that, it will be back to the grindstone, assessing the new vintages in Tuscany, Piedmont, Chablis and Burgundy.

It's a tough job but.....

GEM NOTE: This week's new Masters of Wine (MWs) live in eight countries – Australia, China, France, India, Ireland, Taiwan, the UK and the USA.

The new Masters of Wine are Richard Ballantyne (UK); Bree Boskov (Australia); Barbara Boyle (Ireland); Matt Deller MW (USA); Matthew Forster (UK); Sonal Holland (India); Jeremy Lithgow (UK); Mary Margaret McCamic (USA); Iain Munson (France); Mick O'Connell (Ireland); Mark Pygott (Taiwan); Ana-Emilia Sapungiu (UK); Fongyee Walker (China).

Politicians puzzle over Ford's future after shock news

UNION chiefs and Welsh politicians are trying to work out the implications of the Ford Motor Company's decision to scale back investment at its Bridgend engine plant, *writes PHILIP IRWIN*.

Only last year, Ford announced an £181 million investment in the plant to make technologically-advanced, fuel-efficient petrol engines.

The company was promised £14.67 million from the Welsh Government as part of the package, which would have sustained 750 jobs at the plant, with 250,000 new engines rolling off the production line each year.

Now, Ford has cut the investment to £100 million, which will fund a production line making 125,000 engines per annum, with a job count of 550.

Staff found out about the changes in investment strategy through a letter from the company which arrived on Tuesday, September 6.

Union chiefs are saying that this decision calls into question Ford's commitment to Bridgend, while Ford are saying that it represents a shift in its projections for future engine requirements, based on a changing market and the popularity of other engines within the group.

Ogmore MP Chris Elmore and Ogmore AM Huw Irranca-Davies shared the union's concerns, and issued a joint statement, saying: "We're deeply concerned about this announcement and will be keeping a close eye on the situation.

We will be working with the Welsh Government Economy Minister Ken Skates, Unite the Union, as well as arranging a meeting with Ford.

"Our main priority is protecting the workforce at the Bridgend plant."

Ford insists that there are no redundancies in the pipeline, and this statement was welcomed by the Welsh Conservative Assembly Leader, Andrew RT Davies.

He said: "Today's announcement comes in the context of global restructuring by Ford, and it's worth remembering the rich history they have in Bridgend – having invested nearly £3billion since locating in 1980.

"At this stage it is reassuring that no job losses are planned, but clarity and longer-term assurances must be provided to the workforce that this announcement will not affect Ford's commitment to the area.

"Carwyn Jones is currently in America and I would urge him to use his proximity to the company's board members to seek a meeting, not just in his capacity as First Minister but as an AM for the constituency most directly affected."

'Goodbye and good luck to the Huddarts!'

I WAS so sorry to see that Huddart's restaurant on Cowbridge High Street has closed after more than 20 years of trading.

Our family have celebrated many happy special events at Huddart's over the years and have always enjoyed going there.

I would like to wish Julie and Andrew Huddart a long happy and healthy retirement. I know my family will miss them and I'm sure many other former customers will feel the same. The high street won't be the same without Huddart's!

Siân Vaughan, Cowbridge

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Bro Radio offers more coverage across the Vale

ON Friday, August 26, Bro Radio switched on a new transmitter, increasing its FM coverage across the Vale, a move which the volunteer-led organisation has spent the past three years working on.

By moving its existing transmitter, the station has been able to expand its FM signal, allowing the station to reach more people across the Vale.

The transmitter move would not have gone ahead without the support of the Vale Council, Barry Town Council, Llantwit Major Town Council, Llandough Community Council, the station's supportive advertisers and the local community which we serve.

Managing director, Clive Silver said: "The move is testament to the hard work of the staff and volunteers here at the station.

"It's not been an easy process, but we are really proud that the service we provide can now be heard across the wider Vale. We'd like to thank everyone who has supported the project and helped make this a reality."

The move is part of the station's ongoing commitment to providing a truly local radio service which it hopes the Vale can be proud of.

Now the move is complete, the station is looking to increase its volunteering numbers. It is looking for people who are passionate about music, the Vale or would like to pursue a career in radio.

To find out more information about volunteering, call Gareth Sweeney on 01446 420 681 or Gareth.sweeney@broradio.fm.

You can find out more about Bro Radio and the open day at broradio.fm, or by calling 01446 420 681 and tune into the station on 98.1fm.

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Council in top two for recycling

THE Vale has seen the amount of household waste prepared for reuse, recycled or composted increase by nearly 10 per cent since March 2015 to make it the second-highest performing of all 22 local authorities in Wales.

Councils face heavy Welsh Government fines if they fail to reach national recycling performance targets. The Vale has, however, now hit the 64 per cent target for 2020 four years ahead of schedule.

During the period April 1, 2015 to March 31, 2016, the Vale Council recycled 65 per cent of the waste it collected.

Coun Gwyn John, cabinet member for visible, leisure and regulatory services, said: "The Vale Council works hard to keep residents informed about what can be recycled and the impact on us all of missing Welsh Government's challenging targets.

"We have a highly dedicated team of refuse collectors who are out almost every day of the year and collect more than 50,000 tonnes of garden, kitchen and household waste every year.

"Most importantly, however, we have the residents of the Vale who, each week, work with us to sort their waste and put it out for collection. I would like to thank all Vale residents on behalf of the council for their continued support of our recycling schemes, particularly in light of recent changes to collection schedules, introduced to reduce operating costs while recognising the huge ongoing shift from black bag collections towards greater recycling."

The council's website features an A-Z guide of all recyclable materials to let residents know exactly what can and cannot be put into green bags and a postcode search tool that allows households to check their collections days 24/7.

Vale Council is 'driving forward improvements'

THE Welsh Local Government Secretary Mark Drakeford AM has welcomed the Welsh Audit Office report on the Vale Council.

Last week, The GEM reported that Wales' Auditor General, Huw Vaughan Thomas, had commended the council for its "clear vision" and "making positive changes".

Mark Drakeford commented: "I'd like to congratulate the council on this excellent report. As the Auditor General points out, there is a clear line of sight in what the local authority wants to achieve and how it intends to improve the lives of the people it serves.

"I was particularly pleased to see that in terms of governance, the cabinet is working very effectively with senior managers to drive change and meet local needs. Their coordinated, joined-up approach across the authority will, I'm sure, pay dividends.

"Driving forward improvements like this has its challenges, of course, but I'm confident that through the effective leadership already demonstrated, the council will be able to make key changes to public services.

"Equally important, of course, are the council's own internal procedures and it's encouraging to see its robust financial planning and performance management measures are taking effect."

Busy summer for Scouts

IT has been quite a busy summer for 1st Penmark with Porthkerry Scout group and Fourovus Explorer Scout unit and Network, members of which all enjoyed a 10-day international camp to Ireland.

It was the group's first international trip in 16 years. They left the Penkerry Scout Hut in Rhoose around 8.30am on July 29 to take three trains, a ferry and finally a coach to their destination of Castle Saunderson camp.

They all had new t-shirts and jumpers designed specifically for the trip, as well as Welsh neckers worn with their 1st Penmark with Porthkerry ones.

Unfortunately, the weather was not on their side and they experienced quite a bit of rain which turned the camp floor into a rather muddy and waterlogged carpet!

That, however, did not stop the intrepid campers from enjoying the rafting, shelter and fire building, climbing, sleeping in the woods, making Swedish candles, Latvian logs, doing archery and lots more.

They even took time out for a day trip to Dublin where some of the leaders tasted the delights of the Guinness brewery while others did some sightseeing and souvenir buying.

They returned 10 days later by the same modes of transport – coach, ferry and three trains. They were dirty and tired, but still smiling and singing in typical scouting fashion!

The case against the closure of Barry Crown Post Office is stronger than ever – *WE MUST NOT GIVE UP OUR CAMPAIGN*

ASSEMBLY NOTES

by VALE AM JANE HUTT
(Leader of the House)

THE announcement last week by the Post Office that they have decided, 'after careful consideration' to proceed with the permanent closure of Barry Crown Post Office was met with dismay, but was sadly no surprise to those thousands of people who signed my petition against the closure, and who gave strong and clear evidence at public meetings.

I do not believe there was 'careful consideration' by the Post Office as a result of their consultation. I believe the decision was made when they announced it earlier this year and they went through the motions of consultation, and I will be telling Post Office chiefs this when I meet them.

The fact that no new business came forward to offer the extensive range of services provided by the Crown Post Office when the announcement was made in January, proves the point.

I was assured that they would advertise for a new provider and, if no-one came forward, they would consult on a range of questions and they would genuinely use these responses to decide about the future of the Crown Post Office.

These questions included: 'How easy is it to get to alternative branches?', 'Are the alternative branches easy for you to get into and easily accessible inside?', and 'Are there any local community issues you think we should know about that might be affected by or affect the proposed change?'

As well as setting up a petition attracting over 4,600 signatures against the closure, I organised public meetings and attended the consultation meeting organised by the Post Office.

Many people have provided evidence, from personal experience, of how much they valued the access to the full range of services provided at the Crown Post Office by a highly-skilled and experienced staff.

Many residents also commented that the Crown Post Office is the only easy-to-access wheelchair-friendly Post Office with regular and accessible transport links in the area. One resident referred to it as "a lifeline for the elderly and the disabled".

With regard to the question about local community issues which might be affected by the change, the expansion and regeneration of Barry, including the redevelopment of the Waterfront with 2,000 new dwellings was just one key point raised. However, the Post Office said that this is not something they would consider 'because, as a retail business, property development is not part of [its] business strategy.'

At the meetings, people asked about the pressures on the Post Office at Christmas, when we know that up to 300 parcels a day can be received by the hardworking staff.

It is ironic that the Post Office told us last week that "it will retain the services at Barry Crown Post Office throughout the Christmas Peak period and the branch will cease trading on Saturday, January 2, 2017".

So, what about Christmas 2017?

We have been told that our hard pressed local post offices will be able to meet the needs of local people and businesses. I will be contacting them to discuss the challenges that lie ahead, but it is clear that the Post Office has made this decision to close the Barry Crown Post Office on purely commercial grounds.

The lease of the Crown Post Office building in Barry is up in early 2017 (although there has been extensive investment in the facility in recent years) and we are told it is a "business not a public service".

This is hugely disappointing to the customers, both people and businesses, who repeatedly told us that the Post Office is a vital service to the community. It is also a huge blow to the staff who are dedicated, skilled and experienced.

Let me know your views before I meet again with the Post Office to challenge this appalling decision to close one of our finest public services on our high street.

CRC welcomes new ideas from general public

CREATIVE Rural Communities (CRC), the Vale Council's rural regeneration initiative, is inviting people to come forward with "innovative ideas to take it in new, exciting directions".

It aims to develop innovative projects that will create long-term social and economic benefits for the Vale of Glamorgan.

According to a CRC spokesperson: "The CRC team can support and develop your ideas by helping you build new partnerships, and help you trial and learn from your experiences.

Your idea may require multiple kinds of support such as research,one-to-one advice, business advice, feasibility studies networking, and development."

If you have an idea for a project, contact 01446 704226, or e-mail create@valeofglamorgan.gov.uk.

For more information about CRC, visit www.CreativeRuralCommunities.co.uk.

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Special cinema screening for Wilder's Wonka

LLANCARFAN Community Cinema is bringing the magic of *Willy Wonka and The Chocolate Factory* (1971, U) to the Vale on Sunday, September 18, with a special screening of this classic family film starring the late Gene Wilder.

For one day only, Llancarfan Village Hall will be transformed into a chocolate factory, complete with a working chocolate fountain.

Chapter and Film Hub Wales are supporting the event as part of their nationwide 'Roald Dahl on Film' season, marking the centenary of the author's birth.

All profits from the screening are going to support the work of local charity The Cerys Potter Foundation.

Jim Barratt, Llancarfan Community Cinema chair, explained the importance of recognising the Llandaff-born writer's contribution to cultural life.

He said: "Roald Dahl's books, and the films they inspired, have a special place in our collective imagination, and it's great to have this opportunity to celebrate a remarkable, homegrown talent.

"It's wonderful for a volunteer-run cinema to be part of such a high-profile season. Anyone attending the event in fancy dress inspired by Roald Dahl film characters will receive a special prize, and there will be plenty of other fun activities on the day."

The screening starts at 3pm; tickets are available in advance by calling 01446 781144 or emailing llancarfancine@gmail.com. Full details are available on the cinema web site: www.llancarfancinema.co.uk.

COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

Your local correspondent is Nancy Davidge, "Tynewydd", Llangan. (01656) 860303

TREOES VILLAGE SHOW

This show has become so successful with various exhibits covering produce from the Treoes allotment, and the local ladies contributing with lovely homemade cake.

Following the judging of the various exhibits, it was time to begin the auction of the cakes and garden produce.

The proceeds from the sale of the entrants will benefit Saron Chapel and the allotment club.

The art section was extremely good but I was unable to obtain all the winning entrants. I was lucky enough to view the entry of Mr Charles Ham and his study of a horse which gained a first.

Winners of the various cups were: WI Cup, Lynn Price; Mary Powell Cup, Paula Wilson; Timbers Green Rosebowl, Bet Blythyn; Treoes Challenge Cup, Ann Kitchen; President's Cup, Williams Mordicai; Arthur Thomas Children's Cup, Sacha Hopkins.

YOUNG AT HEART CLUB

Meetings will resume today, Thursday, September 8.

SARON CHAPEL

A Harvest Festival Service will take place on Sunday, September 11 at 4pm.

Everyone will be assured of a warm welcome.

It's Scout Group jumble time again!

COWBRIDGE Scout Group is running its popular annual jumble sale on Saturday, September 17 at the Scout Hall. Doors open at 10.30am and it will end around 12.30pm.

The Scout troop will be dropping leaflets through many Cowbridge doors this week looking for jumble to collect. If you don't get a leaflet, but have jumble you want collected contact us via cowbridgescoutgroup@outlook.com and we will be happy to collect it.

Cowbridge residents are always very generous and the jumble sale is a treasure trove of bargains. So, with clothes and accessories, books and games, and an eclectic mix of bric-a-brac, there is bound to be something of interest to everyone.

We are particularly keen to get a good selection of clothes this year as this is the most popular item with bargain hunters coming from as far away as the Valleys.

ELUNED MORAN

AM's visit to successful racing stable

Andrew RT Davies and Tim Vaughan at the Pant Wilkin Stables.

SOUTH Wales Central AM, Andrew RT Davies, has visited Tim Vaughan Racing in Aberthin to learn more about the work undertaken by the team at Pant Wilkin Stables.

Since taking out a full licence and moving to Pant Wilkin Stables on Cheltenham Gold Cup day in 2008, Tim has rapidly scaled the training ranks, training over 600 winners to date.

Tim has trained Grade 1 winners in the UK and Ireland, courtesy of *Saint Are* in the Sefton Novices' Hurdle at Aintree and *Spirit Of Adjisa* in the Champion Novice Hurdle at Punchestown, with *Beshabar's* Scottish Grand National win another career highlight.

Mr Davies said: "It was an absolute pleasure to learn more about the work Tim and his team undertake on a daily basis – from 5am onwards they are non-stop and it was fascinating to see first-hand some of the tasks and challenges they have to tackle.

"The attention to detail Tim and the team puts in to preparing the horses seemed second to none, and you can see why the stables are so highly thought of in the racing world.

"However, it was also clear from my couple of hours on site that Tim is not resting on his laurels and the ambitious plans for development will provide a boost for the family-run business.

"My thanks go to Tim, his family and the team for the very warm welcome and it is undoubtedly a great feather in the cap for the Vale having such a well-respected racing stable on our doorstep."

Water way to raise funds for RNLI

THIS September, the Royal National Lifeboat Institution (RNLI) is challenging people in Wales to give up all drinks except water for 10 days to raise vital funds for the lifesaving charity.

No tea. No coffee. No fizzy drinks. No wine. No beer. No orange juice. Just water for 10 days.

The 'H2Only' challenge runs from 5pm on Tuesday, September 13 to 5pm on Friday, September, 23 with participants giving up the drinks they love for 10 days and drinking nothing but water throughout the challenge.

Tomos Moore from Pwllheli RNLI, who took part in the charity's H2Only challenge last year, said: "The H2Only challenge is extremely tough. Going 10 days without a morning cuppa, a pint after work or a can of fizzy drink will be really hard for everyone taking part.

"Every pound raised is so important to the RNLI. As a charity, we rely on the support and generosity of the public so that we can continue to save lives at sea.

"All the money raised by people taking on the H2Only challenge will be greatly appreciated."

Everyone who signs up to take on the challenge will receive a pack containing two H2Only temporary tattoos to wear. The tattoos last up to 10 days – so participants can proudly display their exclusive H2Only 'ink' while taking on the challenge.

All those brave enough to take on the challenge can sign-up now at h2only.org.uk.

Follow @RNLI on Twitter or like the RNLI Facebook page for all the latest H2Only news and updates.

Artist's exhibition

A 'BETWEEN the Lines' exhibition by Glyn Pooley, at Pierhead Building, Cardiff Bay, September 23 – October 21 will comprise more than 65 inspirational people.

Since the project's modest beginnings in Barry in 2011, the list has expanded to include Dr Rowan Williams (former Archbishop of Canterbury), Carwyn Jones AM (First Minister for Wales), Dilys Colbourne MBE (campaigner) and Professor Baroness Finley of Llandaff.

James Sommerin cooks up a storm for local hospice

STAFF from the multi-award winning 'Restaurant James Sommerin', on Penarth Esplanade, enjoyed a dinner party to encourage local residents of the Vale to get involved in the new Marie Curie campaign, Dinner Down Memory Lane.

Marie Curie wants locals to host a 'Dinner Down Memory Lane' this October, and instead of asking guests to bring a bottle or a pudding, ask for a donation instead.

In doing so, diners will help people living with a terminal illness at the Marie Curie Cardiff and Vale Hospice, helping them spend quality time with their loved ones.

James Sommerin, chef patron and owner of James Sommerin Restaurant, said: "The hospice in Penarth is a wonderful place and I'm pleased to get behind the Dinner Down Memory Lane Campaign that helps such a local cause.

"It's easy to get involved and if our local community can all get together, we can help provide more nursing care for people living with a terminal illness at the hospice."

Dig out a family favourite or create a modern masterpiece – anything goes – and be the 'host with the most' by creating a meal to remember this October in aid of Marie Curie.

To sign up and get your free fundraising pack visit www.mariecurie.org.uk/dinner or call 0845 052 4184.

James Sommerin, Georgia Sommerin and staff.

Barnardo's call for foster parents

IT is 150 years since Victorian philanthropist Dr Thomas Barnardo began his pioneering work for destitute children.

Since then, countless children have been helped and Barnardo's Cymru is asking people to provide a loving, safe and secure home environment and to think about becoming foster carers.

"We are always looking for people with experience of teenagers as many of the young people we work with are teens and pre-teens," said Jason Baker of the Barnardo's Cymru Adoption and Fostering Service.

The charity particularly needs foster placements for teenagers, siblings, children with complex needs and those threatened by exploitation.

If you are interested in becoming a foster carer ring 029 2049 3387 or email bcafs-south@barnardos.org.uk

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Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up **we can replace the glass** at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service Cardiff & surrounding areas and Welsh business owner Phil Powell agrees that this approach is a major factor in his success. 'The truth is that it's **not just the personal satisfaction** that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

So, if your windows are steamed up, broken or damaged give Phil a call for a free quotation on **0800 61 21 118** and he'll be happy to help!

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‘Honouring Laura’s wishes was a no-brainer for me’

Laura and Jason Leigh.

THE number of patients residing in Wales whose lives were saved or improved by an organ transplant is up 24 per cent, according to the latest Organ Donation and Transplantation Activity Report, released ahead of Organ Donation Week (September 5-16).

This is the first ‘activity report’ since the introduction of opt-out registration and deemed consent for organ donation in Wales.

It also shows over the last financial year: A seven per cent increase in the number of deceased donors donating in Wales to 64 (was 60 in 2014-15); the number of donors after brain death increased by 13 per cent to 36 (was 32 in 2014-15), while the number of donors after circulatory death remained the same at 28; the number of living donors residing in Wales increased by 20 per cent to 49; 136 patients residing in Wales had their sight restored through a cornea transplant, representing an increase of five per cent.

It is welcome news for Bridgend’s Jason Leigh, (31), who lost his wife one year ago and honoured her wish to donate her organs to save someone else.

“Laura and I had been married for just five months and had been talking about starting a family when she suffered a sudden cardiac arrest and died three days later at this time last year.

“We were no strangers to talking about organ donation in our family. Indeed, Laura’s own father was only alive to walk her down the aisle thanks to his own life-saving heart transplant operation.

“So when it came to honouring Laura’s donation wishes when she died unexpectedly, it was a no brainer for me.

“Having discussed it together, I knew that she wanted to be able to give someone the opportunity to live when there was no other hope.

“I would encourage other people to follow our lead and share their organ donation decision with loved ones as soon as possible under the new system here in Wales.”

Wales became the first part of the UK to change the organ donation system when it introduced a ‘soft opt-out’ system.

People aged 18 and over who have lived in Wales for more than 12 months and who die in Wales, will now be regarded as having consented to organ donation – unless they have opted out. This is referred to as ‘deemed consent’.

People who want to be an organ donor can register a decision to opt in or do nothing, which will mean they have no objection to being an organ donor. Those people who do not want to be organ donor can opt out at any time.

Vaughan Gething said: “An increase in the number of people having their life saved or improved by an organ transplant is good news.

“Much of the data in the report is positive for Wales, showing things are moving in the right direction; but there’s still work to do. We know from the figures that 192 patients were waiting for a transplant at the end of March 2016 and 24 patients died while on the active waiting list for their transplant.

“I want to encourage everyone across Wales to talk with their loved ones about their organ donation wishes and that’s why our Time to Talk campaign is so very important.”

Llandough Hospital shuttle pilot extended

THE ‘shuttle bus’ service at University Hospital, Llandough (UHL) has been extended for a further year

The service was launched as a pilot to assist patients and visitors around the site. During the pilot, the shuttle service has been used more than 4,000 times.

The shuttle service is a partnership between Cardiff and Vale University Health Board and Royal Voluntary Service (RVS) and is run by volunteers. The volunteers pick up patients and visitors from the car parks and hospital entrances and help them to reach their destination.

Peter Welsh, general manager at UHL, said: “The shuttle service has been a great addition to the hospital and has helped patients and visitors around the site which can be steep in some places. We have received very encouraging feedback from users of the service and we are pleased to continue this partnership with the Royal Voluntary Service for another year.”

RVS is currently looking for volunteers to expand the service so it covers core hospital times. To find out more and to request an application, please contact 029 2002 7855.

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6 - 9 Medi
Creftau ar yr arfordir – diwrnodau gwaith/by Crefft mewn Flocws
(Digwyddiadau ymweliad mewn dosbarth)

6 - Gwehyddu Gwiail Helig
7 - Gwydr Lliw
8 - Ysgrifennu Creadigol a Thestiau
9 - Cell Brac Mân

Galw'i gweithdy eu cynnal bob dydd rhwng **9.30am a 12pm** (oedolion yn unig) rhwng **1pm a 3.30pm** (oedolion yn unig) a rhwng **4pm a 5.30pm** (plant).

16 a 17 Medi
Sinema Traeth Tirpedd Coll
(Digwyddiad ymweliad mewn dosbarth)

Galw'i y digwyddiad unigryw hwn ac gymai o ffilm lleolad ystlennydd mwtsiyr ardal gyda chynhyrchiad gwych ar sgrin sinema cheyddadwy fawr sun theatr bar cocktails & thema, gwerthwyr bwyd a cherddoriaeth byw cyn bod yr hud yn machlud. O **6pm tan 11pm**, bydd y ffilm yn dechrau tua **9pm** (Machlud Haul).

8 Hydref
Gwyl Slow Food™
(Digwyddiad agored)

Dewch i Fasio Dyngu Bwyta, Gwylio, Arsiwilio, Rhannu, Siopa, Gwrando, Yfed, Mwynhau, Clywed, Arogli, Cyfarfod a chael bwyd yn gwirion ar fwyd! Mwynhewch Wyl gyda chynnychwyr bwyd a diod creftus, sgwrsiau am fwyd, arddangosiadau coginio, bwytaie dros dro a mwy Slow Food – yn dod a phobl a bwyd ‘ddi ynghyd! **10am – 4pm.**

15 Hydref
Gwyl Bwyd a Diod yr Ardd Hydrefol
(Digwyddiad ymweliad mewn dosbarth)

Arsiwr Hydrefol lle synhwyrau yn erddangos cynhyrchwyr bwyd a diod ansiynnol fesul ar naddu lich, cerddoriaeth a chelf byw lleol a ffilm mursu gredd hunegeddol gwlleddol Dwnrhefn. O **12pm tan 9pm.**

Mae'r holl digwyddiadau yn cael eu cynnal yn Mae Dwnrhefn, Southerndown, Bro Morgannwg.

I gael rhagor o wybodaeth am y sesiwn pilot dros dro ac i brynu tocynnau ar gyfer unrhyw un o'r digwyddiadau ewch i **valeofglamorgan.gov.uk/popupvale #popupvale**

*Ymaelu y gallai digwyddiadau gael eu canslo ar fyr rybudd a bod mynediad ar gyfer pobl anabl yn gyfyngedig ar gyfer rhai o'r digwyddiadau oherwydd yr amgylchiadau naturiol.

4th September
Crafts on the Coastal Festival
(Open Event)

Arts Festival Launch Day. A celebration of Heritage Coast inspired Arts and Crafts – hands on activities, demonstrations, pop up craft shop and displays. **9.30am – 5.30pm.**

6th - 9th September
Crafts on the coast: Craft in Focus workshop days
(Ticketed Events)

6th - Willow Weaving
7th - Stained Glass
8th - Creative Writing & Textiles
9th - Driftwood Art

5 workshops will be run per day from **9.30am - 12pm (adults only)** from **1pm - 3.30pm (adults only)** and from **4pm - 5.30pm (children).**

16th & 17th September
Lost Lands beach cinema
(Ticketed Event)

This one of a kind event will take place inside the spectacular setting of the garden walls with fantastic production on a large inflatable cinema screen, theatre sound, themed cocktail bar food vendors and live music before sunset. **6pm – 11pm,** film starting at approximately **9pm** (Sunset).

8th October
Slow Food™ Fest
(Open Event)

Come and Taste, Learn, Eat, Watch, Explore, Share, Shop, Listen, Drink, Enjoy, Hear, Smell, Meet, and have foodie fun! Enjoy a Fest with artisan food and drink producers, food talks, cooking demos, restaurant pop-ups and more. Slow Food – bringing people and good food together! **10am – 4pm.**

15th October
Autumn Garden Festival of Food and Drink
(Ticketed Event)

An Autumnal sense adventure showcasing local, small scale independent producers of food and drink, live local musicians and arts in the stunning, historic walled gardens of Dunraven. **12pm-9pm.**

All events are taking place at Dunraven Bay, Southerndown, The Vale of Glamorgan.

For more information about the pop-up pilot and to purchase tickets for any of the events, please visit **valeofglamorgan.gov.uk/popupvale #popupvale**

* please note events could be cancelled at short notice & disability access is limited in some of the venues due to the natural environment.

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'More must be done for refugees and asylum seekers' *SAYS AM*

A WELSH Conservative AM has said local authorities can do more for Syrians after Oxfam Cymru said refugees and asylum seekers were more likely to experience poverty.

Mark Isherwood, the party's spokesman for social justice and communities, said: "The Welsh Government needs to continue challenging local authorities to up their game in responding to the Syrian refugee crisis, and to the plight of asylum-seekers.

"There is so much more the Labour administration can do to help refugees and asylum-seekers integrate culturally and professionally.

"More immediately, opening community facilities – such as community centres, church halls and schools – as spaces for learning English, CV building, up-skilling and re-training can be a huge boon to helping the newcomers' transition into the world of work.

"It is essential that the Welsh Government engage with employers and the third sector to see where there is capacity to support the excellent work already carried out.

"Many of those arriving here come equipped with a range of skills that would be a huge benefit to our economy.

"Failing to offer the appropriate levels of support would be an opportunity missed."

Welsh Ambulance Service: your chance to ask questions

THE Welsh Ambulance Service is inviting members of the public to come and find out more about how it works.

People are being encouraged to attend both the Trust's latest quarterly board meeting and its Annual General Meeting (AGM), which are being held in Merthyr Tydfil, in order to see how it makes decisions and to pose questions about how the service is run.

Both meetings will take place on Friday, September 23 at the Redhouse in the Old Town Hall in Merthyr Tydfil, starting at 2pm.

There is a jam-packed agenda on the day and those who wish to attend are also welcome to speak with Board members.

The Trust Board meeting will be held from 2pm-5pm before a break for refreshments, followed by the AGM from 5.30pm-7.30pm.

The Trust is asking that anyone planning to go along confirm in advance with Caroline Jones in the Corporate Services Team on 01745 532970 or e-mail *caroline.jones2ec252@wales.nhs.uk*.

Waste collection 'badly managed'?

MORE residents in the Vale have complained about the waste collection changes in the area, according to Coun Richard Bertin.

Mr Bertin, who represents the Barry Court ward, said: "More people have come forward since I first raised the issue.

"The changes have been implemented in the Vale by the Labour-led authority in a bid to save money, but I believe the changes have been badly managed."

According to Coun Bertin, since the changes have been made there has been "wide-spread confusion".

The complaints range from letters that are confusing; some residents not getting letters; waste not being collected on the due dates; and health and safety concerns.

Coun Bertin claimed that complaints have also come in from Cowbridge, Llantwit Major and Rhoose. In the meantime, he said, waste has been left on doorsteps for over a week.

Coun Bertin stated: "I can fully understand why members of the public are not happy over this shambles. Not only does this pose health and safety risks, but is also likely to put people off visiting the area. This is totally unacceptable."

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All Saints' concerts

ON Saturday, September 10 at All Saints Church, Victoria Square, Penarth, at 7.30pm, there will be a night of music.

'Street Scenes' – a concert by Opera in Situ filled with the beautiful music of Bizet, Britten, Kurt Weill, Mozart and Bernstein among others.

Tickets £10 (£8 concessions, £3 students) from Griffin Books, Foxy's Deli and the All Saints Parish Office 02920703170. Talk to cast afterwards over a glass of wine or soft drink.

On Monday, September 12, there will be a free concert (1pm-2pm) at All Saints Church – 'Music at Lunchtime' recital featuring operatic soprano Lara-Clare Bourdeaux, 'Shakespeare's Heroines in Aria and Song'.

Free entry; hot and cold drinks provided. Bring your own lunch. Contact Dafydd G Jones, 02920 703170 or e-mail admin@allsaintspenarth.org.uk.

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Barry Astronomical Society

SEPTEMBER meetings of the Barry Astronomical Society take place at Barry Island Community Centre, Friars Road, Barry, from 7.30pm-9.30pm.

The meeting on September 12 will be 'A talk on the sun', and on September 26, 'Imaging the sky'.

Call Dave Powell on 02920 551704 or check our Facebook page for dates when we observe at Porthkerry Park (weather permitting); beginners welcome.

Book launch

THERE are just a few tickets remaining for the talk and book signing with Formula One's Damon Hill on Monday, September 12 at the Glamorganshire Golf Club in Lavernock Road, Penarth, at 12.30pm.

Tickets are £28, including two course lunch and signed copy of Damon's new autobiography *Watching the Wheels*. Contact Griffin Books on 02920 706455 for tickets.

Cowbridge U3A meeting

THE next Cowbridge U3A monthly meeting will be a talk, with musical interludes, entitled: 'Becoming a cellist', by Mary Elliott, at 2pm on Wednesday, September 14 in Cowbridge Town Hall.

Visitors welcome (there is a small fee, which includes refreshments). See www.u3asites.org.uk/cowbridge for further information.

Barry RBL meeting

THE Barry branch of the Royal British Legion will hold its next meeting on Monday, September 12 at 2.30pm in the Barry Town Council Chambers, next to the Memorial Hall.

New members are always welcome.

Charity fish and chip supper

THE Mayor of Llantwit Major's charity fish and chip supper takes place on Tuesday, September 13 at 7pm in Llantonian Hall, Llantwit Major.

Tickets (£10) include the meal, dessert and tea/coffee. Tickets and menu selection from Llantwit Major Town Hall; limited places, so booking is essential, by Thursday, September 8.

Proceeds go to the Mayor's charities, Ed Evans Foundation (brain tumour) and Marie Curie Cancer Care.

AM's surgery

VALE AM Jane Hutt will be holding a surgery on Saturday, September 10 from 10am-11am at Barry Citizens Advice Bureau, 119 Broad Street Barry CF62 7TZ; no appointment necessary.

Minister celebrates

TO mark Rev Heather Weddell's 10th year in ministry at United Free church, there will be a service of thanksgiving at 10.30am on September 11 to which all are welcome.

Barry Floral Society event

'TIME for Hobbies' is the title of a demonstration to be given to members of the Barry Floral Society by Jayne Morriss of Stroud.

The event will take place at the St Nicholas Hall, St Nicholas Road, Barry, on Tuesday, September 13 at 2.15pm.

New members are always welcome.

Toy and train sale in Barry

THE next toy and train sale in Barry takes place on Sunday, September 25 at Barry Leisure Centre. The sale opens at 10am and ends at 3pm.

For more information, visit www.chrisdyerfairs.co.uk.

KPC coffee morning

KPC Youth (next to Pil Primary) is holding a coffee morning from 9am-10.30am on Thursday, September 29 in aid of Macmillan Cancer Relief.

We will be joined at 9.30am by the choir from Pil Primary School, and this will be followed by fun bingo and a raffle.

Admission is £1 and includes coffee and biscuits, and cake will be on sale.

Please call 01656 749219 or 745399 with any enquiries.

Computer club

PENARTH Computer club meets on the second and fourth Tuesdays from September to June at 8pm at All Saints Church Lesser Hall, Victoria Square, Penarth.

New members and visitors welcome; for more information, log into the website penarthcomputer club.co.uk.

EPP Cymru programmes

DO you have a long-term health condition such as heart disease, depression, arthritis, back pain, stress and anxiety and more, or are you a carer?

Would you like to learn how to self-manage, day to day?

The NHS are running free, six-week health and well-being courses (2½) hours a week) in many areas of the Vale and Cardiff.

The course aims to build confidence, skills and knowledge to improve the management of your condition or caring role. It can help you adopt healthier lifestyles and regain control of your situation.

If you feel this could help you, call to book your place on 029 2033 5403 or text 'interested' to 07976 050166 or email: carolstingl@wales.nhs.uk.

Speaker night

AT Tondu RFC on Friday, October 28 (6.30pm), a guest speaker night will take place with Brynmor Williams and Robert Jones.

Tickets (£25 each or £250 per table) include a buffet.

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Ty Hafan lottery draw winners

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D947.

- **£2,000:** 461775.
- **The rollover, which now stands at £2,500, was not won this week.**
- **£10:** 371807, 144149, 140315, 877243, 458534, 991805, 690969, 887695, 249264, 881175, 306681, 497887, 623045, 705673, 184534, 632288, 809958, 000999, 1984622, 005340.
- **£5:** 874371, 545045, 531977, 617864, 337933, 197651, 384409, 911333, 679935, 871302, 770147, 510769, 233885, 462173, 362857, 102808, 422930, 693321, 117383, 735717, 465945, 334080, 528880, 581678, 222635, 215712, 868103, 688877, 671136, 619143, 717700, 147113, 260163, 145460, 408105, 337365, 866748, 142751, 863254, 888727, 578328, 606302, 869742, 422899, 846576, 201536, 211152, 796204, 492098, 591687, 543829, 607054, 724249, 803015, 790577, 601302, 411182, 517335, 001107, 1370095.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

BARRY MARKS THE BATTLE OF BRITAIN

The Battle of Britain, and the Allied airmen and groundcrew that took part, will be remembered at service in Barry this Sunday.

Representatives of MoD St Athan will attend, as will the Vale of Glamorgan Band, the Barry Male Voice Choir and a number of other Royal Air Force Association branches from the region.

The commemoration begins at 12 noon and all those wishing to attend should rally at the Cenotaph, Memorial Hall, Barry, by 11.45am.

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Samba is coming to Cowbridge!!

The Vale School of Samba is holding a 6 week Access to Samba Course commencing weekly from Tuesday 20th September, 7pm to 9pm until Tuesday 25th October 2016.

The beginner's course includes learning and playing a large variety of traditional Brazilian Rhythms, Dance and Song. No previous experience is required, just be willing to expend some energy and have lots of fun!
Spaces are limited on the 6 week course, so be quick to sign up and secure a place. Children are permitted if accompanied by a participating adult/guardian but please speak with Paulo if you have any queries.
Cost of course is £50 and £35 under 18's registration fee plus £2.50 payable each week towards room hire.
Free Taster Session on Tuesday 13th September 7pm
Successful Completion of access course will allow you to join the band.
Sessions will be held at the Duke of Wellington Pub, Ball Room, 48 High Street, Cowbridge, CF71 7AG.
Contact Paulo to secure a place on 07966981032 or email paulytom@msn.com

To staff & all our friends at Porthkerry Leisure Park
Gwyn & Glenda wish to thank you all for your generosity and good wishes on our retirement after 37 years at the office.
We hope you continue to enjoy your stay at Porthkerry.
A special thanks to Phil who has been a great boss and a good friend.
Very sincerely,
Glenda & Gwyn

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This Sausage Party is hilarious and clever – but not for the faint-hearted!

by GARETH JAMIESON

Follow Screen Talk on Twitter – @GEMScreenTalk

ANIMATION doesn't have to be just for kids. As the likes of *South Park* (both on television and in the cinema), *Family Guy* and *American Dad* (the latter two coming from the twisted comedic mind of Seth McFarlane) have shown, 'grown-up' cartoons are hugely successful when done correctly.

The latest film to insert itself in this genre is *Sausage Party*. It tells the story of Frank (voiced by Seth Rogen), a sausage who desires to discover the truth about his, and other foods' existence when it becomes apparent that the bright future they've been promised is a lie – and they find themselves chopped up and eaten!

Teaming up with hot dog bun Brenda (Kristen Wiig), Teresa Taco (Salma Hayek), Lavash (David Krumholtz) and Sammy Bagel Jr (Edward Norton), the foods go on a journey to escape their fate...

If you've seen the previous films of Seth Rogen et al, then you'll have some idea what to expect from *Sausage Party* – this isn't your gentle, Pixar-esque stroll through life lessons and happy endings, but if you're in the mood for a foul-mouthed, puerile yet strangely intelligent comedy then this is most definitely the party for you!

Sausage Party was conjured up by Rogen, Evan Goldberg and Jonah Hill as an adult take on those Pixar films.

But whereas *Toy Story* has Tom Hanks and Tim Allen battling to be top toy for a young boy, here we have Seth Rogen's sausage and Kristen Wiig's bun on a quest to fulfil their destiny and join as one, a taco with a loose libido and a bagel and a pitta bread acting as a metaphor for the Israel/Palestine argument.

And that's *Sausage Party's* great skill – for every moment of coarse humour and (very adult) jokes, there is a clever and sharp jab at modern society, whether it's indoctrinated religion (Frank must try to convince the supermarket's food that the 'great beyond' is not all it's cracked up to be and that they've been lied to), the aforementioned Israel/Palestine situation (Lavash has been promised 77 bottles of olive oil once he reaches the 'great beyond') or just blatant consumerism that sees us consume more than we need to.

Rogen and Goldberg were involved in the screenplay, and it's clear to see as anyone who has seen *Superbad* or any of their other works will recognise the sense of humour on display; not all the jokes land and occasionally the tone veers towards just plain weird, but there are enough hilarious moments to keep the momentum, though those with an aversion to profanity may well wish to cover their ears for the vast majority of the running time!

The voice cast all do a very good job, mining their onscreen personalities for all their worth, which makes those who you don't normally find working in this oeuvre stand out that bit more, whether it's Hayek's sultry taco or Edward Norton's bagel that mines Woody Allen for all he's worth but with a far pottier mouth!

It's sharply directed by Greg Tiernan and Conrad Vernon, the former who has made several *Thomas The Tank Engine* animated films and the latter who has directed *Shrek 2* and *Madagascar 3*; their knowledge of the animation genre means that they shoot the film without being too knowing or smart and it has all the hallmarks of a Shrek or a Pixar film, but through the prism of adults, with some moments riffing on horror films to superb effect.

With an ending that leaves this party open for more business, there's plenty of potential in seeing more of these characters in different situations. It would be a welcome return, as *Sausage Party* is foul-mouthed yet incredibly smart!

VERDICT – A coarse film that has a foundation of intelligence, *Sausage Party* plays loudly and lewdly; it is, however, a glorious film, with a good gag rate and some truly stunning moments that will leave your jaw agape! The meek may want to avoid, but for those with a strong constitution this is one Party you want to go to!

SEE THIS IF YOU LIKED: South Park – Bigger, Longer, Uncut (1999), Superbad (2007).

Locals urge 'slow ahead' for development at Cosmeston Country Park

by Andy Johnstone

ON a wet and blustery morning at Cosmeston County Park, visitors were asked by The GEM about planned development at the 250-acre nature reserve, and replied with a bemused "What development?"

The Vale Council, which manages the site, announced in January this year its plans to increase commercial and boating activity at the site, parts of which are designated as Sites of Special Scientific Interest (SSSI).

Plans include a new ice-cream parlour, the trialling of kayaks and rowing boats, a new mountain bike course and other commercial activities, such as weddings and other events.

However, Plaid Cymru has urged the council to release full details on the proposals to the public.

Local Plaid spokesman Richard Grigg said: "We are aware that the Vale intends to make money by offering business opportunities at Cosmeston, but are worried that little has been said publically since January."

He added that while Plaid appreciated the need to attract income (from the county park), its members hope that there will be a full consultation with the public – especially current users.

Lynda Chick, from Barry, is one of these current users, and indeed is a frequent visitor to the park. She described herself as a "regular reader of the local papers", but added that she knew nothing about the planned developments.

"It's such a peaceful place that any development of the park must really be done very carefully.

"Parking and entrance to the park are free, but it must cost a lot to maintain such a place," she said.

"It mustn't become too commercialised, or it will lose its attraction, but I do see the need for it to generate income."

John Lawrence and his wife, Helen, of Penarth, were enjoying the last day of the school holidays with their children, feeding the fowl by the lake.

"No; I didn't know about the plans, but I am all in favour of commercialising the operation here, as long as it is managed and sustainable and has no negative impact on the wildlife, nor on the other events that take place here.

"Many other local authorities around the UK do charge for entry, or at least parking, at sites they manage and it helps to subsidise the cost – and keep the council tax bills lower, so really, why should it be free?

"Charities also charge for entry to their properties. Perhaps the council should release Cosmeston to a charity, wash its hands of the expense and let someone else manage it and take the risk.

"Private organisations," he said, "tend to have a better track record of running successful commercial operations than local authorities."

On the proposals, Coun Lis Burnett, council member for regeneration and education, commented: "We are making great progress to broaden what is currently on offer at the council's country parks.

"So far in Cosmeston, we have agreements in place that will see the opening of a new ice cream parlour, a trial of hiring rowing boats and kayaks for use on the lake, and the creation of a new mountain bike course.

"We are also in advanced negotiations that could see sections of Porthkerry and Cosmeston parks available to hire for weddings and other events.

"These new activities give even more people a reason to visit the country parks and will help generate new sources of income that will help secure the parks' future.

"The council has of course taken great care in vetting all submissions to ensure that proposals will complement what is already on offer at the country park and in no way disadvantage existing users of the park."

The GEM wants your thoughts on this matter. Please send correspondence to: gemeditorial@tindlenews.co.uk.

Free entry to Dyffryn Gardens thanks to Cadw

DYFFRYN Gardens, Aberdulais Falls and Tredegar House are all throwing open their doors for free on September 10 and 11 as part of Open Doors Wales.

Organised by Cadw, the Welsh Government's historic environment service, Open Doors offers both local people and visitors alike the chance to explore the hidden treasures of Wales's culture and history for free.

Dyffryn boasts 55 acres of stunning formal gardens, intimate garden rooms, an enormous glasshouse, two kitchen gardens and a semi-furnished house.

The kitchen garden produce will have been harvested so you can taste some 'zero-mile' home-grown Dyffryn produce in the tea rooms. Open from 10am to 6pm, last entry is at 5pm.

Kate Simons, visitor experience manager at Dyffryn said: "Both Dyffryn and Tredegar will have lots to keep you entertained, as well as exploring both their houses and gardens."

Tredegar House will also be open for free all weekend and will have garden games, family trails and lots more to keep the whole family entertained, open from 10am to 4pm.

Experience Aberdulais Tin Works and Waterfall free and help them celebrate 35 years with the National Trust, dress up in traditional costumes and learn about the industries that have been made at the waterfall or take part in their special time capsule. Open from 11am to 3.30pm.

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Pilates classes in Barry

COME on and join us at Barry Pilates; September is a great time to start with us or return to class.

There is a new class starting on Thursday, October 13 at 11.15am, suitable for complete beginners and those with a little experience of Pilates. This six-week course introduces you to Pilates and costs £45.

If you would prefer an evening class, join us on Friday, September 23 at 8.20pm for a special short introductory course to bring you into the Friday 7.15pm class.

This is a two-week course for a maximum of six people costing £20. Private Pilates lessons are also available.

All classes are held at St Nicholas Hall, Barry. Please contact Sharon on 07830 085606 or go to www.barrypilates.co.uk.

Barry Pilates Classes

Mondays 9.15am, 10.30 & 11.35am

Thursdays 10am

Fridays 9.30am, 6pm & 7.15pm

New Beginners Pilates Class

Starts Thursday 13th October 11.15am

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www.barrypilates.co.uk

Return 2 Health Chiropractic Clinic

AT Return To Health Chiropractic Clinic (R2HCC), we have more than 12 years' experience of treating patients.

We are frequently presented with: "I have sciatica", but 'sciatica' is a term for any pain down the leg caused by an injury in the lower back, not a real diagnosis.

True sciatica is typically caused by an injury to a spinal disc, and can lead to irritation or damage to the spinal nerves. This leads to pain down the leg, often past the knee, and can be accompanied by pins and needles, sensation changes and muscle weakness.

Non-radicular sciatica is much more common and is caused by an injury in the muscles, joints or ligaments of the back which then radiates pain into the buttock, leg or both. This typically stays above the knee and doesn't cause symptoms such as pins and needles or weakness.

With the increasing use of tablets and laptops, at R2HCC we are seeing more people, particularly teenagers, with back issues.

Move it! Sitting for too long is not good for the body, particularly the back. It's very easy to sit and slouch for long periods, so get up and move every 30-40 minutes.

Lighten up! Keep your school bag light. If there are lockers at your school, keep heavy books in them.

Use a rucksack! Carrying a heavy bag over one shoulder creates muscular imbalance and uneven stresses on the joints. A rucksack with both straps over your shoulders is far better for you.

If you are worried about your back pain (or any other pain), why not come and visit us? You can book a free advisory consultation by calling 01446 740002.

First-class service at Wales' Norma Davies Opticians

NORMA DAVIES OPTICIANS are an independent opticians' group, based in south Wales.

Their main objectives are to provide the highest quality service, using their clinical skills and the latest equipment to provide a comprehensive eye examination.

They will find the best solution to correct your eyesight and will help you select the perfect pair of spectacles. They stock a wide range of designer eyewear to suit every need and budget.

They also fit and supply contact lenses if you want an alternative to spectacles.

Their staff are dedicated to providing excellent customer care and taking the time to understand each individual's personal needs to ensure that the patient leaves 100 per cent satisfied.

The newest member of staff, Rhia, is a fluent Welsh speaker and together with Anna, they are always happy to help.

Norma Davies Opticians has been providing first-class eye care since 1975. It is still a family-run business. Charlotte (Norma's daughter) and her husband Chris test there two days a week.

They are dedicated to providing the highest clinical care for their patients.

Upgraded premises for Vale Podiatry and Chiropody

VALE Podiatry and Chiropody are moving to new premises in Llantwit Major.

We will be open on Monday, September 12 in our newly-refurbished premises. The move will allow improved disabled access and a nicer environment for all our patients.

We will also be increasing our receptionist services to enable patients to contact us more easily.

All our usual services will still be offered in both our clinics in Cowbridge and Llantwit Major. As HCPC-registered podiatrists, we offer friendly and professional care for all our patients. We can help with simple nail cutting to more complex nail surgery using local anaesthetic.

We treat all foot conditions and with a wide experience of working in private and NHS clinics, we can offer the full service.

Make sure your feet are in safe hands and check that your health professional is registered with the HCPC on www.hpc-uk.org/audiences/membersof thepublic.

WILLOWS TAI CHI ☯ & QI GONG ☯

will host a Macmillan Coffee Morning on Tuesday 27th September at

St Athan Community Centre

Tai Chi demonstration 10am, followed by Coffee & Cake.

New class opening in Cadoxton Community Centre, Tuesday 4th October 2pm - 3pm.

Class also at Ewenny Community Centre every Thursday 11am - 12 midday.

For more information, call Sue on

01446 744643

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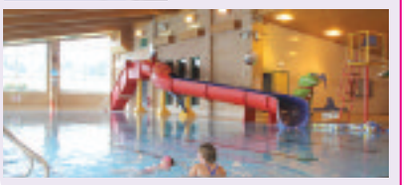

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- **Do you ever find yourself 'binge eating'?**
- **Are there foods you feel you have little self-control around?**
- **Are you drawn to over-eating when you are under pressure and feel stressed?**
- **Do you sometimes feel guilt and shame after eating?**

If you are interested in understanding the reasons behind emotional eating and in learning some strategies and tools to begin to overcome this deeply addictive, yet faulty coping mechanism, then this workshop is for you. Join me for a 2 hour workshop to help you overcome the habit of turning to food when the going gets tough!

Saturday 24th September, 2-4pm, Barefoot Studio, Llandow CF71 7PF - Price £35.

To book your place please email **hope@dawnnutrition.co.uk** or telephone me on 07572 451574.

www.dawnnutrition.co.uk

Then a new workshop is just what you are looking for.

Dawn Nutrition is running a two-hour workshop on 'Overcoming Emotional Eating' at Barefoot Studio, Llandow, near Cowbridge, CF71 7PF on Saturday, September 24 from 2pm-4pm (price £35).

Dawn Garwood said: "We will be exploring the reasons why people learn to turn to food under times of stress and anxiety, and how we can learn to break this habit and learn better coping mechanisms.

"If you sometimes find yourself feeling compelled to eat when you are under pressure; if you have a tendency to binge eat and do not really know what has triggered the episode, or if you find yourself unable to control yourself around certain foods, then this workshop will be of great benefit to you.

"Booking for this course is essential as space is very limited. If you are interested, please email *hope@dawnnutrition.co.uk* to register, or telephone 07572 451574."

Making brides look their very best

WE have been reflecting on what has been a fantastic summer it has been at Vale Laser Clinic and Tathan Beautique.

We've really enjoyed seeing all our brides, their skin glowing, nails painted and lashes looking amazing on their special day.

Tattoos were no longer visible in wedding pictures, and honeymooners have been returning and telling us how amazing and stress-free it was being hair free for their entire holiday.

Our focus has turned to Autumn and the run up to Christmas. We have extended our opening hours due to how busy our lovely clients are keeping us. We are launching Jane Iredale Mineral Make up in September with lots of great deals and discounts that can be found on our Facebook pages.

We will have early bird offers on Christmas party make up, and we are rewarding our existing clients with 20 per cent off their next treatment when they recommend a friend. Make sure you pick up a card when your next passing!

We are seeing lots of clients wanting to treat sun damage, removing visible pigment spots and red veins, leaving skin looking smoother, clearer and younger.

We also have a free C-Boost clarifying creme with every skin rejuvenating IPL facial while stocks last.

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'All Saints Church, Barry aims to 'Raise the Roof'!'

ON Sunday, September 4, Father Kevin Lake, priest at All Saints Church Barry, launched the Roof Restoration Project in a bid to raise £231,302 for a new roof.

All Saints' Church has a rich heritage and one of the town's largest congregations.

For many years, the church has supported local education and charities, and is regularly used for charity and community events.

A Heritage Lottery Fund application was submitted in June for £100,000 and a response should be received by September 21.

Paul Donovan, chair of the church's roof restoration committee, stated that "when the heavens open, which is fairly frequently in Barry, the roof leaks and we have tarpaulin and strategically placed buckets throughout the church to capture the water. The project aims to turn these 'raindrops from heaven' into 'pennies from heaven' to restore the church roof, enabling All Saints' to showcase the richness in heritage, along with the building's diversity of community use".

The project has already raised £10,250, with the committee remaining optimistic about the Heritage Lottery application too.

There are a number of ways in which everyone can get involved, from individual donations, or sponsoring a roof slate in memory of a loved one, to attending one of the many fundraising events planned for 2016 and beyond.

All donations or correspondence regarding the Roof Restoration Project can be directed to: C/O Father Kevin Lake, 3 Park Road, BARRY CF62 3NU; telephone 01446 701206.

Ann Elliott

'Wales should lead UK and ban snares'

EVERY day in Wales, up to 1,000 animals are trapped, mutilated or suffer a drawn-out, painful death as they are caught in game-keepers' snares.

The GEM's readers can help stop this cruelty.

It's hard to believe that snares are still legal in the UK – they're outlawed in most of Europe, but shockingly, they are widespread here, particularly on and near shooting estates and game bird breeding farms.

The snares are indiscriminate, with only one-third of the animals caught being the actual target (usually foxes, which sometimes catch pheasants and partridges).

Research shows that the other two-thirds of animals caught are just 'by-catch'. Deer, badgers, hares and even otters and family pets have been found trapped, mutilated or killed in these nooses too.

Only recently, the national press reported another much loved family pet had suffered horrific injuries from being caught in one of these lethal nooses in Wales.

We believe it's time Wales led the rest of the UK with a complete ban on snares.

Your readers can help end this horrific cruelty by signing the petition calling for these cruel wire traps to be outlawed. The petition can be found here (https://www.assembly.wales/en/gethome/e-petitions/Pages/petitiondetail.aspx?PetitionID=1027) on the National Assembly for Wales's website.

Rhiannon Evans, League Against Cruel Sports Wales

Go to our Twitter page for the latest stories and breaking news...
@gem_news

Sporting silence commemorates 'Somme 100'

by ANDY JOHNSTONE

The Royal British Legion (RBL) is calling on the sporting organisations, associations, clubs, teams and individuals in all parts of the United Kingdom to commemorate the role played by sportsmen on the 100th anniversary of the Battle of the Somme.

The campaign, called 'Sport Remembers the Somme 1916-2016', was launched off the back of 100 'Sportsmen of the Somme' stories, which have been produced by the charity in an effort to inspire the nation's professional and amateur sporting organisations and individuals to unite in Remembrance.

One of those remembered is Second Lieutenant Horace Wyndham Thomas, of Bridgend, of the 14th Battalion The Rifle Brigade.

Born in 1890, 2Lt Thomas was described as having a "beautiful" singing voice, one so good that it helped him secure a scholarship to King's College Cambridge, reading history.

2Lt Thomas was no slouch at sport, and played for Blackheath FC, Wales and the Barbarians.

The centenary of his death was just last week on September 3. He died at Guillemont, midway during the Battle of the Somme.

To aid the war effort, almost all professional sport had been suspended for the duration by the time the Battle of the Somme began. Athletes and players from sports at all levels had volunteered to enlist – sometimes en masse as an entire team and its supporters.

There were battalions that included significant numbers of athletes, footballers, and individual members of clubs and teams.

Second Lieutenant Horace Wyndham Thomas of Bridgend possessed a "beautiful" singing voice and was a capped rugby player.

Many other players – from first class cricketers to amateur boxers – served in 'pals battalions' recruited from towns, villages, schools, workplaces and trades.

When these battalions suffered losses, as they did mostly at the Somme, the impact was felt at the club and community level.

Sport Remembers the Somme is fronted by Sir Nick Faldo, Peter Shilton, Sally Gunnell, Mike Gatting former British Army officer and England Rugby World Cup winner Josh Lewsey.

Locally, RBL is calling on teams and players to observe two-minutes silence before any game or match played over the weekend of September 17 and 18 as an act of remembrance.

John Crowdrey, chair of the Bridgend branch of the RBL, said: "This is a national campaign and it is important that Bridgend county borough comes together to commemorate the sportsmen who fought in the Battle of the Somme.

"I would encourage every sporting club and association within the county to commit to honouring those who fought."

Amelia Trust hosts Harvest fun day this Saturday

THE Amelia Trust is holding its annual Harvest Family Fun Day on September 10.

The event is shaping up to be a great day out for all the family and there is even something for man's best friend – a dog show!

There will be lots happening throughout the day including: tractor rides; craft stalls; a fancy dress competition; bouncy castles; displays; music, dancing; a raffle, children's games and lots more!

The fun starts at 11am with the dog show taking place at 12pm (registrations from 11am at the welcome tent) and it finishes at 4pm.

All money raised on the day will help the Amelia Trust Farm continue the work it does with disadvantaged young people.

The event is taking place at the Amelia Trust Farm, near Barry. More details can be found on the Amelia Trust Farm website: *www.ameliatrust.org.uk*.

JO WHITFIELD

MENTER IAITH BRO MORGANNWG

Cyfle i chi ddweud eich dweud am ddyfodol S4C

Beth yw eich hoff raglenni ar S4C? Beth ddylai S4C fod yn ei ddarparu yn y dyfodol? Beth mae sianel deledu Gymraeg yn ei olygu i chi?

Mae cyfle i chi roi eich barn a chyfrannu at y drafodaeth am ddyfodol S4C yn yr holiadur 'Dweud eich Dweud' sydd ar gael i bawb ei llenwi ar wefan s4c.cymru

Mae S4C yn awyddus fod llais y bobl yn cael ei glywed yn rhan o'r paratoadau ar gyfer Adolygiad Annibynnol Llywodraeth y DU o S4C yn 2017. Mi fydd yr Adolygiad yn edrych ar waith a rôl S4C a'r math o wasanaeth sy'n debyg o fod ei angen yn y dyfodol.

Yn ôl Huw Jones, Cadeirydd Awdurdod S4C, mae hi'n bwysig iawn cynnwys y cyhoedd yn y sgwrs.

Meddai Huw Jones; "Rydym yn awyddus iawn i sicrhau bod llais y cyhoedd yn cael ei glywed – pa fath o wasanaeth mae pobl eisiau ei weld a pha wasanaeth aml gyfryngol fydd ei angen yn y dyfodol. Ein gobaith yw y bydd Adolygiad yn ystyried hyn yn ofalus ynghyd â sut y gall S4C ddarparu ac ariannu gwasanaeth yn y ddeng mlynedd nesaf."

Ewch i wefan s4c.cymru nawr i lewni'r holiadur er mwyn Ddweud eich Dweud am S4C.

Cymry Cymraeg Newydd

Ymweliad â'r Amgueddfa Genedlaethol

Bob blwyddyn, mae Cymrodorion y Barri yn cynnal 'Noson y Dysgwyr'. Eleni, mae pedwar siaradwr ail iaith wedi awgrymu term amgen, Cymry Cymraeg Newydd, a herio'r gynulleidfa i ymuno â gweithgareddau sy'n rhoi hwb i'r iaith. Dyma'r llais olaf yn y gyfres, Judy Watkins.

Pam ydych chi'n darllen yr erthygl hon? Un peth yn unig rwy'n gwybod amdanoch chi – mae'r medru gyda chi. Braint nad oeddwn i'n meddu arni hi sbel yn ôl wedi treulio degawdau dros y ffin.

Rhyfeddod oedd i fi ddarganfod gwledd o bethau ar gael bob dydd yn y Barri drwy gyfrwng y Gymraeg. Heb sôn am deithiau tywys Cymraeg ymhellach i ffwrdd.

Eleni, mae grŵp bach dan arweiniad y Cylch Siarad wedi mwynhau trip i Ganolfan Hywel Dda yn Hendy Gwyn, i'r ddrama 'Nansi' ym Mhenarth, i Eisteddfod Genedlaethol y Fenni, i'r Senedd yn y Bae, i setiau Pobol y Cwm, ac i'r Amgueddfa Genedlaethol.

Fel mae'r gyfres hon o erthyglau wedi dangos, mae'n bosib dilyn diddordebau o bob llun a lliw, waeth beth yw'ch lefel o fedru'r Gymraeg. Boed cerdded gyda Ruth King dan ymbarel Valeways (hindda hefyd, rhaid dweud!), neu drafod hanes a barddoniaeth gyda Des Davies mewn un o gyrsiau'r W.E.A.

Os chwerthin sy'n mynd â'ch bryd, beth am y Clwb Llyfrau misol soniodd Gareth Thomas amdano yn ei sgwrs i'r Cymrodorion? Cyfle heb ei ail i roi barn ar y llyfrau mwyaf cyfredol yn ogystal â rhai o'r hen ffefrynnau. Lot o hwyl i gael a marciau mas o ddeg i'r gyfrol dan sylw, dan arweiniad medrus Luned Whelan.

Diffyg hyder gyda darllen? Dim problem. Dewch i rywbeth wedi'i baratoi ar eich cyfer. Mae'r Cylch Darllen yn cwrdd am awr o ddarllen yn uchel nofel boblogaidd. Mae'n ymlaen bob wythnos fel rhan o'r cynnig nos Lun yng Nghanolfan Palmerston, sy'n dechrau eto mis Medi.

Mae'r sîn yn fywiog yn y Barri, a phleser o'r mwyaf yw gweld pob cenhedlaeth yn heidio i sesiynau achlysurol 'Gigs Bach y Fro' diolch i raglen Menter Bro Morgannwg. Mae ebost Menter Bro Morgannwg hefyd yn hanfodol i ddala lan â'r diweddara. Felly, os yw'r fraint o fedru'r Gymraeg gyda chi, peidiwch â'i gadael ar yr aelwyd!

Am fanylion y Cylch Siarad neu'r Cylch Darllen, cysylltwch â jude2020@live.co.uk

Mynd am Dro yn y Fro gyda Dai Lingual

A hithau'n dymor gwyliau, mae Dai yn cymryd y cyfle i ystyried paham bod ystyr enwau lleoedd yn bwnc mor bwysig i'r Cymry yn y Fro.

Roedd Eisteddfod y Fenni yn bleser i ymweld â hi, a gobeithio bod pob un troediodd draw i'r Maes arbennig yn cytuno gyda mi yn hynny o beth. Brodor o gyffiniau Y Fenni, sef Raymond Williams, sydd yn bennaf gyfrifol o'n dehongliad o grwpiau o ddiddordeb – hynny yw, gall grwpiau adlewyrchu diddordebau yn ogystal â bod yn derm daearyddol. Un grŵp o'r fath yw'r grŵp Enwau Lleoedd ar y Weplyfr [Facebook!] ble ddes i o hyd i adnodd arbennig o ran parhad yr erthyglau misol yma.

Fe ddaeth un erthygl i'r amlwg a wnaeth ddal fy llygaid yn arbennig gan fod yr awdur o'r Barri – neu Barry fel yr oedd yn nodi (sy'n ddiddorol achos eto darn o waith am bwysigrwydd enwau Cymraeg oedd y darn!) - sef 'Diogelu Enwau Lleoedd Cymru' gan D. Arthen Evans, Ysgrifennydd Undeb Cenedlaethol y Cymdeithasau Cymraeg. Dyma felly ddetholiad o'r erthygl at eich sylw, gyda mwy i ddilyn mis nesa, gobeithio:

'Y mae o leiaf dri pheth i'w cyflawni cyn deall ohonom wir ystyr a hanes enwau lleodd Cymru. Y mae angen eu diogelu, eu casglu a'u dehongli. Gellir diogelu heb gasglu, a gellir cyflawni'r ddeubeth heb ddehongli; eithr y peth a fawr ddymunwn ydyw cyflawni'r tripheth yn ddiymdroi.'

Gobeithiaf yn fawr fod y golofn hon yn ceisio dygymod â'r tri pheth yna, a bod rhywfaint o gyfiawnhad imi yna hefyd i barhau ar y gwaith!

'Nid digon ydyw eu casglu a'u cadw dan glo," meddai D.A. Evans, a chytunaf yn llwyr gyda'r hyn sy'n dilyn hynny; "Nid digon ydyw diogelu'r hen enwau drwy eu casglu a'u cadw mewn llyfrgelloedd, er cystal ydyw gwaith felly; y mae'n wir angenrhediol i'w cadw'n fyw drwy annog pobl i'w harfer ar lyfr ac ar lafar."

Nodaf – gyda nodyn o dristwch – bod y datblygiad newydd yn Llandochau Fach, fy nghartref erbyn hyn, dim ond yn arddangos enw Seisnig ar hyn o bryd, sef 'Canon's Walk'. A hynny ddwywaith: gyda dwy arwydd Saesneg! Yn lle colli limpyn, fe wna i roi'r gair olaf i D. Arthen ei hun o 1927, a gofyn i chi ystyried sut mae pethau wedi newid ers hynny i drigolion y Fro:

"Yn y gwraidd nid ydyw diogelu enwau lleoedd Cymru namyn ffurf arall ar ddiogelu'r iaith Gymraeg ei hun...Y mae'n wir y pery enwau lleoedd Cymraeg mewn rhanbarthau o'n gwlad wedi i'r heniaith ei hun gilio ohonynt, oherwydd y mae enwau lleoedd yn fwy hirhoedlog ar y ddaear nag iaith briod pobl...Erys yr hen enwau wrth yr ugeniaiu ym Maesyfed, Brycheiniog, Mynwy, ym Morgannwg, ac ym Mro Gŵyr hefyd, er nad yw'r Gymraeg mewn rhyw fri mawr iawn o fewn eu cyffiniau hwy bellach.'

Ydy pethau'n gwella, neu'n gwaethygu? Dewisiwch ddefnyddio'r Gymraeg bob tro er mwyn dyn.

Mae'r Gynghrair Cymunedau Cymraeg yn edrych am gymunedau yn y Fro ble gellir annog diddordeb a gweithgarwch ar lawr gwlad yn y Gymraeg, boed hynny yn neuaddau pentref neu sefydliadau addysgiadol. Cysylltwch: david@cymunedau.org 16 Heol Lewis Rd, Llandochau Fach 02920 707 469

TEITHIAU CERDDED CYMRAEG GYDA VALEWAYS

Ydych chi'n joio cerdded? Ydych chi'n dysgu Cymraeg neu yn siarad Cymraeg yn rhugl efallai? Mae cerdded yn ffordd wych i gymdeithasu, gwneud ffrindiau newydd a chael hwyl wrth gadw'n heini!

Dydd Mawrth 6 Medi – 'Crwydro' Ynys Y Barri (Taith Iach)
10.00yb Gorsaf Rheilffordd Ynys Y Barri CF62 5TH

Dydd Sadwrn 10 Medi – 'Pen-blwydd Hapus Eglwys Sant Augustine' (Taith Estynedig)
2.00 yp Maes parcio cliff top café, Penarth CF64 5BP

Dydd Iau 15 Medi – 'Crwydro' Penarth (Taith Iach)
10.00yb Gorsaf Rheilffordd Penarth CF64 3DQ

Dydd Mawrth 27 Medi – 'Trem y môr' (Taith Ddilyniant)
10.10yb Maes parcio Neuadd y Dref, Llanilltud Fawr CF61 1SD

Cofiwch wisgo esgidiau trymion a dillad addas. Dewch am dro a hybu'r Gymraeg yn y Fro. Croeso cynnes i bawb!

Am fwy o wybodaeth ewch i www.valeways.org.uk neu cysylltwch â Ruth 07800969157.

E-CHLYSUR

Mae Menter Bro Morgannwg yn darparu gwasanaeth e-bost sy'n hyrwyddo gweithgareddau a digwyddiadau cymdeithasol trwy gyfrwng y Gymraeg i blant, pobl ifanc ac oedolion ym Mro Morgannwg – ee. gigs, gweithgareddau i'r teulu, gwersi nofio i blant, cyrsiau hamdden i oedolion...

Gallwch gofrestru i dderbyn y gwasanaeth E-chlysur rhad ac am ddim yma ar ein gwefan: www.menterbromorgannwg.cymru

Neu cysylltwch â ni: ffion@menterbromorgannwg.cymru / (029) 20689888

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GCSE, AS and A2 results consistently compare very favourably with local and national figures.

GCSE Results 2016

English (A*- C) 79.5%
Mathematics (A*- C) 79.5%
Science (A*- C) 98.6%
Overall over 80% of pupils gained 5 or more A*- C

A Level Results 2016

99% of pupils achieved grades A*- E
30% were at grades A*/A
82% were at grades A*- C
An incredible 360 A Level papers were sat and 23% of pupils secured a place at a Russell Group University

The school has been delighted to welcome our new Year 7 and Sixth Form pupils - once again many joining us from out of catchment.

"I couldn't believe how welcoming everybody was and how quickly I settled in."

Our Estyn Inspection Report was very positive and we were proud to read that:

"One of the school's strengths is the exceptional working relationship between teachers and pupils. The school has a strong ethos based on fairness and this creates a caring and disciplined environment."

Any student or parent can obtain more information and a school prospectus by emailing **info@porthcawlschool.co.uk**

Alternatively you may wish to telephone 01656 774100.

Further information can be found on the school website: www.porthcawlschool.co.uk

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Rhoose pensioner in telephone PPI scam

by ANDY JOHNSTONE

A pensioner from Rhoose nearly fell victim to an 'advance fee fraud' recently – and would have lost at least £316.

The 76-year-old man, who wishes to remain anonymous, described the incident as "quite frightening for anyone, especially an older person.

He contacted The GEM to use his experience as a warning for other readers in the hope that they do not lose out.

The gentleman was telephoned by a man claiming to work for a legitimate PPI company in England, which recovers mis-sold payment protection insurance, or PPI, on behalf of its clients.

'Mr W' takes up the story.

"A man with an Indian accent telephoned me and told me that I might be due a repayment of PPI. I was quite pleased to hear this, and thought it was legitimate because I had made inquiries about it a few years ago."

Mr W said that he was asked to give and confirm a few details and to expect a telephone call once, he reported, further investigations were made.

"I waited a day or two," continued Mr W, "and received another call.

"Sure enough, I was called back, but this time by a woman with an Indian accent. She told me that I was eligible for a repayment of around £3,600 going back years. I was delighted. That's a lot of money."

Mr W was told to expect another telephone call about his 'claim'.

"Then a man phoned me and said that there would be a charge for the 'company's' work.

"He told me it would cost £316, which would have to be paid in advance. He told me to go to the Post Office and get a MoneyGram, and post it to them.

"I told him that I didn't have the money, but he told me to scrabble the money together from my family and friends."

At this point, Mr W thought something rum was afoot. He spoke to his family, and his son confirmed what he feared: he was being scammed.

"I reported it to the police, and was advised to report it to Action Fraud, which I did."

Action Fraud is the UK's national reporting centre for fraud and cyber crime.

"The person I spoke with told me that this was a common scam with the fraudsters using real companies as a 'front'."

Whilst such scams use the names of real companies, and damage their reputations in the process, there is no link between them and the fraudsters.

The GEM made numerous attempts by email and telephone to the company concerned, but received no response.

Mr W continued: "And worse than just the £316 I could have lost, they would have had my bank and other details about me. I could have lost everything."

An Action Fraud spokesperson said: "The best advice is to completely ignore any unsolicited calls or emails that promise you money in exchange for a fee and certainly never send or pay any money for what they are promising.

"Whatever is being offered – be it the promise of money back from a supposed PPI claim, investment opportunities, or some kind of competition winnings – fraudsters will try to get you to pay them money and then leave you high and dry.

"If you think you may have fallen victim to such a scam, then you should report it to Action Fraud."

Mr W said: "It's not a nice thing to happen, and I hope no-one else goes through what I did."

Visit www.action fraud.police.uk or call the agency on 0300 123 2040 for information, advice or to report suspected fraud.

Art exhibition in Cowbridge

THE art exhibition now showing at the Old Hall, Cowbridge, displays the work of the Vale of Glamorgan Artists group, Voga.

It is an open show with a wide range of styles and subject matter from a group numbering more than 20 members.

Cowbridge artists Sue Edwards and Pamela Jones are well represented. The former has a selection of powerful images based on trees and woodland scenery.

The latter uses historic events for inspiration as shown in ceramic sculptures including pieces from The Somme and a 'Women Firsts' series featuring Amy Johnson, Nell Gwynne and Maud Stephens Wagner.

A frequent theme is Dyffryn Gardens with dreamlike paintings by Alan Brown and a fine drawing by Gwyn Price.

Judy Stephens shows bold, vibrantly coloured textile hangings as forceful as any abstract painting.

A ceramic by Pamela Jones

Digital art work is represented by Bernard van Lierop using the humble theme of a roadside tree.

In the cabinets are authoritative stone carvings by Nia Bennett and very small, but intense wire constructions by Nina Lazarou.

The show underlines a range of experience, depth and energy. Visitors should find it a simulating and enjoyable exhibition that ends on Thursday, September 29.

For more information and membership application links go to www.vogaartists.com.

Richard O'Connell, Chairman of Voga

Cantorion Pontyclun Choir gig

CANTORION Pontyclun Choir will perform at Pontyclun Athletic Club on October 7.

The concert will also feature Bois Goetre-Hen Male Voice Choir.

Tickets (£5) are available at the door or from Anne Williams Chemist or Pontyclun community shop.

Meet the strongmen at Sully Sports Club

SUPPORTERS of a young man from Rhoose who needs a new drug to treat a kidney disease are holding a strongman event, and a family fun day, at Sully Sports and Social Club, on Sunday, September 18, from 2.30pm to 11.30pm.

Barry's star boxers, Lee and Andrew Selby, will be making a personal appearance at the event, which will feature two well-known strongmen, Mark Jeanes and Nathan Szuchik.

During the afternoon there will be a tug of war competition* balloon races, face painting, stalls, a bouncy castle and the day finishes with a disco.

Funds raised on the day will go to help 18-year-old Benjamin Morgan-Brownhill of Rhoose, who is being treated for an extremely rare kidney disease C3GN/MPGN Type 1.

The family's renal consultant has said that his condition could be treated with a new drug that is not yet available on the NHS, and many local people are fundraising to help.

Donations can be made on *https://www.gofundme.com/a3zzehc4*

*There is still time to enter a team in the tug of war. The cost is £5, and there should be five in a team. Email *apriceonalife@gmail.com* to enter.

NEW FUND TO 'CELEBRATE COMMUNITIES'

OLDER people living at independent living scheme in the Vale are celebrating after receiving £2,000 of funding from the Big Lottery Fund 'Celebrate' programme.

Six out of 10 people surveyed, by YouGov for the Big Lottery Fund, say they cannot remember celebrating with their community. The scheme from the Big Lottery Fund (BLF) is to change this with grants of between £250 and £2,000 available for one-off events that celebrate communities.

Newydd Housing Association tenants have gained £2,000 from the BLF for a 'Welsh heritage-themed party' and awards ceremony to celebrate the hard work of tenants in their communities.

The celebration will include accolades such as 'neighbour of the year', 'commitment to social inclusion' and 'digitally-improved tenant' and an opportunity to dine with family, friends, staff and care providers.

Sandra Rehman, a tenant at Arthur Davis Court independent living scheme in Barry, said: "I think it's a marvellous idea; I'm so happy that Newydd has been granted this funding. It goes without saying that it's important to bring communities together but nobody gets together as much as they use to these days.

"I'm really looking forward to it and it will be great to get everyone together to celebrate!"

Gareth Williams, 'Celebrate' programme manager for BLF in Wales, said: "Celebrate is having a positive impact throughout Wales. Money is helping people across Wales to celebrate what's most important to them in a way that will bring them together to build stronger communities."

'Join me in the fight against dementia'

ACROSS the UK an estimated 850,000 people are living with dementia; 45,000 of these people live in Wales.

Alzheimer's Society's 'Memory Walk' will raise vital funds to support people with dementia, providing a wide range of help, including support workers, music sessions and dementia cafés.

Cardiff Memory Walk will take place on Sunday, September 11, Llanelli Memory Walk on Sunday, September 25, and Gwent Memory Walk on Sunday, October 9.

I will be walking for my dad and all of my friends whose loved ones have been affected by this cruel condition. As a family, we've received invaluable support from Alzheimer's Society so I'm really looking forward to taking part in Llanelli.

I hope people will be more determined than ever in signing up this year to join the fight against dementia. The money raised really will help make sure those affected can access essential services across Wales.

Rupert Moon, (Alzheimer's Society), Cardiff

Disability no bar to Llandow track day excitement

Mike Newman, founder and CEO of Speed of Sight, moments after driving into the record books by driving solo at 200.51mph in a Litchfield GTR. Mike is blind.

LLANDOW is no stranger to speed.

From its wartime days as a fighter operational training unit for eager young men keen to slip the surly bonds of Earth to its modern incarnation as a racing circuit, high-octane fuel seems to be in its DNA.

Llandow Circuit hosts track and experience days many times a year, but the event on Thursday, September 15 is a little different.

Speed of Sight, a registered charity, is bringing the track-day experience and the thrill of 'riding the ragged edge' to Llandow and people with disabilities in the Vale and Bridgend.

Open to those with a disability – either from birth or because of illness, an accident or other injuries, including war wounds, and be it sensory loss, physical impairment or cognitive issues – the charity gives people the chance to drive dual-control track-day cars.

Sarah Pegler, of Speed of Sight, explained: "The charity provides what some have said are life-changing driving experiences.

"We aim to re-unite those who have missed the thrill and enjoyment of driving in years gone by and to ignite those who have never had the opportunity to take part."

The charity was founded by Mike Newman, six-time Guinness World Record holder as the fastest blind man on the planet on land and water.

Formerly a bank manager, Mike broke his first land speed record on a motorbike, going on to achieve four more world land speed records in a car and more recently achieving the water speed record.

Speed of Sight is very much about what people can do, rather than about what they cannot.

Sarah continued: "The youngest driver we have had was six, while the oldest was 89, and we have a hoist to help people in and out of the vehicles.

"The experiences Speed of Sight can give people really can be life-changing."

Spaces on the grid are still available as are sponsorship opportunities for local businesses.

For more information, or to book, visit www. speedofsight.org or email info@speedofsight.org.

Lara-Clare launches 'Music at Lunchtime'

THE ever-popular 'Music at Lunchtime' weekly recitals at All Saints Church in Victoria Square, Penarth, return next Monday, September 12.

This year's autumn season has been extended to accommodate new performers who have asked if they could be included in the church's programme of concerts.

All concerts start at 1pm and last about an hour.

The season of music is launched next week by Lara-Clare Bourdeaux.

Lara is a soprano who attends the Opera Academy in Cardiff having graduated from the postgraduate vocal course at the Royal Welsh College of Music and Drama (RWCMD) last year.

On the Saturday following Lara's recital at All Saints, she will be performing an evening recital in Oxford entitled 'Shakespeare's Heroines in Aria and Song'.

The audience will be treated to a selection of items from that programme on the Monday lunchtime. Lara-Clare will be accompanied by Nicola Rose.

All Saints Church is happy to welcome other new faces over the next three months.

The Cathays Chamber Players include musicians who have not performed at All Saints before and will be performing works by Mozart.

The Scott-McNicholas Experience is made up of Sue Scott on piano and Steph McNicholas (vocals) and we look forward to hearing many favourite songs from the '30s, '40s and '50s.

The recitals also welcome Scott Baker to All Saints for the first time.

Lara-Clare Bourdeaux and Nicola Rose.

Scott is a classical guitarist who is another graduate of RWCMD and is taking regular bookings and looks forward very much to coming to Penarth.

We will also have the chance to hear music by artists who have played at the church before and never fail to please their audiences.

Entry to all recitals is free although many choose to show their appreciation by contributing towards a collection which goes into the All Saints Organ Restoration Fund.

Many concert-goers also choose to bring their lunch or a snack along and listen to the music in the gallery.

Teas and coffees are provided and the church is totally accessible to disabled people and a warm welcome is extended to everyone.

More information will be available on the All Saints website – www. allsaintspenarth.org.uk or from Dafydd G Jones, the parish administrator on 02920 703170 or admin@allsaintspenarth.org.uk.

DGJ

'Big Wednesday' for local Guides

The girls on Coney Beach, Porthcawl.

EIGHTEEN girls from 5th Barry Guides, 2nd Cadoxton Guides and 1st Rhoose Guides joined over 60 Girlguiding Cymru members at Gorwelion Guide Centre in Porthcawl for a week of 'Surf and Turf' from August 22-26.

The Guides attended the Girlguiding Cymru summer camp with their Guide Leaders where the girls from all across Wales spent the week camping out and discovering new sports.

There were lots of water-based activities to get the girls' hearts racing, including paddle boarding, kayaking and surfing. On the 'turf', the girls had the opportunity to try more sports including quad biking, tennis, golf, archery and football. When a break was needed from all the adrenaline, there were nature and beach-based activities to enjoy, too.

Gabby Doyle, Girlguiding Cymru's sports development officer, who organised the camp, said: "As part of our 'sport through guiding' project, we have given the girls plenty of opportunities to try adventurous and exciting new sports at our summer sports camp. The girls gained confidence and developed new skills as well as having lots of fun."

Alfie's Angels 'can inspire a nation'

GARETH THOMAS believes his 'Alfie's Angels' will inspire thousands of people to get fit by running the Cardiff University-Cardiff Half Marathon.

The rugby legend is currently training more than 100 women and men to get in shape for Wales' biggest half marathon on Sunday, October 2, for the second series of his hit television programme *Gareth Thomas: Alfie's Angels*.

All of his 116 'Angels', 113 women and three men, completed a 6.5-mile course starting and finishing in Cardiff Castle on Sunday to mark four weeks until race day.

The women and men taking part in the challenge have all been chosen because they are new to running and have never completed a half marathon before, but all are keen to use the event to improve their health and well-being.

Former Cardiff Blues and Wales star Thomas said: "Every one of my Angels has put in a tremendous amount of effort and can be very proud of themselves.

"When we started this journey a few months ago, many of the women could not run for one minute without stopping, now they have all completed half a half-marathon.

"I am confident all of them will finish the Cardiff University-Cardiff Half Marathon. It's not going to be easy but it will be a huge achievement for all of them.

"They have inspired me with the amount of hard work and determination they have shown and I'm sure they will inspire thousands of people across Wales.

"They show that you can achieve anything if you set your mind to it and I am so grateful to be a part of their journey."

The Angels will join more than 20,000 runners taking part in this year's Cardiff University-Cardiff Half Marathon on the 13.1-mile route around the capital.

Entry for the event closes at midnight on Sunday, September 11, with registration starting at £25 www.cardiffhalfmarathon.co.uk/register/

Go to the **The GEM** for the latest stories and breaking news...
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www.llantwit-major-today.co.uk
www.bridgend-today.co.uk
www.porthcawl-today.co.uk

Celebs and superheroes on Taff Trail for Ty Hafan

Matthew Pritchard and friends.

BATMAN, the Hulk and a caveman were just some of the colourful characters who completed Tŷ Hafan's Taff Trail Cycle Challenge from Brecon to Cardiff on Sunday (September 4).

A drizzly morning didn't stop more than 450 cyclists taking on the 52-mile challenge, which was sponsored by EE, along the picturesque route.

Former *Dirty Sanchez* star, Matt Pritchard, Ospreys winger Hanno Dirksen and Welsh DJ Neil Navarra were three of the participants who signed up for the fundraising event to support life-limited children and their families across Wales.

A keen supporter of Tŷ Hafan, Matt said: "It was a great, muddy day to start with, but you have scenery like the Brecon Beacons to look at and the safety of the Taff Trail to follow."

Many families supported by Tŷ Hafan also took part including bereaved dad, Lee Morgan, from Bridgend. His 10-week-old son died from a rare genetic muscular condition called SMA type 1.

He said: "I decided to sign up for the Taff Trail Challenge to give something back to Tŷ Hafan and to help other families who need their support.

"I didn't know about the charity until we had Ezra. It's not something you expect to happen, but I'm so glad we had Tŷ Hafan's support."

Mair Kinsey, interim events manager for Tŷ Hafan, said: "This was the 14th year of the challenge and we are so pleased that the public continually get on their bikes to help the families of life-limited children at our hospice and in communities across Wales."

It is estimated that the Taff Trail Cycle Challenge will raise £60,000 to help life-limited children and their families make the most of the time they have left together.

To register for Tŷ Hafan's next event – the Pendine Sands Rainbow Run on Saturday, September 17 – visit www.tyhafan.org.

Photographic club's assignment captures the Vale in Summer

IT seems no time since the beginning of July when we finished last year's programme and looked forward to 12 weeks of summer assignments, and our exhibition at the Vale Show.

Both lived up to high expectations with lots of members participating in our weekly photographic challenge and many more voting each week for their favourite image.

With the winner switching weekly between at least four members the final result came down to the wire before Peter Dennis won with a cumulative score of 474 points - well done Peter!

Despite mixed weather throughout the summer, the Vale Show was again very lucky and we had a great time promoting the club.

Hopefully this will result in lots of new faces at our regular Friday evening meetings.

Our invitation to 'pick the best image' was entered by almost 100 visitors and this year Andy Foyle's *Himalayan Poppy* and Mike Davies' *Elusive Hero*n came joint first.

The names of all those who picked either of the winning prints were placed into a hat, with congratulations to a resident of Llantwit Major whose winning ticket was rewarded with a John Lewis voucher. Thanks again to all those who took part on the day.

Here we are at the start of our new 'season' with the first meeting done and dusted and a completely new and very varied programme in place to take us through to the beginning of July next year.

The club meets at Ystradowen Hall at 7.30pm on Friday evenings and beginners, intermediates and experienced photographers are all very welcome, so why not pay us a visit? For details go to http://www.vale-photographic-club.co.uk/programme.html

Nick Thornton

***Andy Foyle's* Himalayan Poppy.**

***Mike Davies'* Elusive Heron.**

Vale Show exhibition.

Bridge Club results

THE results for the Vale of Glamorgan Bridge Club for September 5 are as follows:

Simultaneous Pairs: First, John Evans and Steve Burgoyne 69.58 per cent; second, Tony Ratcliffe and Julian Pottage 58.33 per cent; third, Alan Lewis and Terry Evans 57.50 per cent.

LE

War veteran meets AM

Stan Smith (seated) and 12-year-old Ellis Hinton meet Jane Hutt AM.

THE Barry at War Museum Group hosted its annual Wartime Weekend on September 3-4 at Barry Island Station.

Vale AM Jane Hutt attended the event and said: "There was a packed schedule at the Barry Wartime weekend event with a 1940s theme, including music, displays and home front items. I was very pleased to meet 90-year-old Barry war veteran Stan Smith."

Wartime Weekend at Barry Island turns on style with fashion show

'Angel sings the songs of the 1940s' – image by Glen Booker.

People visiting Barry Island were transported back to wartime Britain. Among the events was a fashion show.

IMAGES by ANDY WICKS and WORDS BY GLEN BOOKER

THE fifth Wartime Weekend at Barry Island Station was duly held on September 3 to 4.

The weather on the first day was not helpful, especially as it deteriorated as the afternoon progressed.

Sunday was near pefect for those dressed up in 1940s uniforms.

If Saturday was very good, then Sunday was too good for words!

The Barry at War Group and many others who supported and took part are well satisfied with way the weekend went.

Three cheers to them and bless them all, I say!

Over the two days we enjoyed songs of the 1940s from Arthur Cook from Devon and Angela Incledon from Barry, and on Sunday the marvellous local ladies choir Only Menopause Aloud – not forgetting the unmissable lively Lindy Hop dancers from Cardiff.

We had military vehicles in front of the station and on the middle platform; Emma the Sweety Lady in her converted horse box; exhibitions of military equipment and medals; sellers of jams and crafts; service charities Royal British Legion (RBL) and the Royal Air Force Association, RBL Bikers, and the British Heart Foundation; South Wales Armoured Group and their tanks and Paul Chick and planes and more.

At the heart of the event there were talks given by local historians Ron Powell from Barry Island, John Powell from Swansea and Alun Salisbury from Cardiff on aspects of WW1 and WW2, and a WW1 film, *Letters Home*, produced by Jaye Swift.

Knowing that I have surely missed out someone from this quick report, please check out the Barry War Museum website and find fuller reports there.

Thanks to all those who supported the Wartime Weekend in so many different ways – especially Bro Radio – and to those who were there in person!

Last word: many thanks to John Buxton who operates the Barry Tourist Railway,

Thanks also to Kath and all her hard working helpers without whom the event would not have been possible.

GLENN BOOKER

Wartime weekend is tinged with sadness after Eileen's death

LAST weekend's Barry at War event was tinged with sadness after the sudden death of Eileen Younghusband at the age of 95.

A remarkable lady, she published her first book, *One Woman's War*, at the age of 90, detailing her time in the 'War Room' during the Battle of Britain, plotting the whereabouts of attacking German planes.

The organiser of Barry at War, Glenn Booker, told The GEM: "On Saturday, we observed a minute's silence and the three flags were left at half mast as a mark of respect for Eileen Younghusband, who sadly passed away just before the weekend.

"Eileen was due to speak about her service during WW2. She will be greatly missed by her many friends here in Barry and nationally."

Eileen Younghusband settled in Sully when she retired, but she enjoyed an active retirement. Before her late career as an author, she had been a campaigner on health and education issues.

Following her debut as an author, she wrote two more books – *Not an Ordinary Life* (her autobiography) and *Eileen's War* (a reworking of her WWII experiences, aimed at a younger audience).

Eileen Younghusband with her first book.

Mr Booker said that the Barry at War Weekend had been well attended.

He said: "This year we introduced flag raising and flag lowering services to begin and end the day.

"These moving ceremonies were skilfully led by the Parade Marshall David Green and three superb cadets per ceremony. Rose played the bugle to add to the solemnity of the occasion."

GET BACK ON TRACK FOR THAT BRAND NEW START!

It's time to think about making some changes, improving your skills and qualifications, look for a new job or simply to improve your confidence and self-esteem.

The Vale Council Get Back on Track programme provides a wide variety of Courses right across the Vale of Glamorgan in partnership with other providers, including Communities First, Jobcentreplus, and Flying Start The courses are free to those eligible and a free crèche is provided at some centres.

There are a wide range of computer skills workshops on offer with the chance to learn the basic ICT skills that you will need in almost any workplace, or progress to further ICT courses in Excel, Web Design, Powerpoint or PC Maintenance.

You can gain an Agored, OCR or even an ECDL qualification.

Weekly workclubs throughout the Vale are available to support your jobsearch.

New courses in Hairdressing and Beauty, Childcare and Health, and Social Care are an ideal stepping stone to further education and training.

Whether you are looking for employment or volunteering opportunities, there are a range of short workwise courses in Hospitality, Customer Care, and Health and Safety while British Sign Language, Communication and Creative Writing will give you the skills you need and enhance your CV .

A programme of courses to support anyone with additional learning needs or those with an experience of mental health is also available.

Reading, writing and maths are essential skills that help you get on in work and life in general. If you want to improve your skills or if you don't have any qualifications, then this is the place to start.

Classes at all levels are available at the Vale Learning Centre.

You can start at any time and attend when it suits you, either day or evening.

For more information pick up a course list from Vale of Glamorgan Buildings of Libraries or on line at www.gbotfree.org or call Palmerston centre 01446 733762

TIM VAUGHAN RACING'S 'OWNERS DAY' – A GREAT CHANCE TO MEET THE TEAM

PHOTOGRAPHS by MIKE WILCOCK

ON Saturday, September 6, Aberthin-based racehorse trainer Tim Vaughan invited people from all over the UK to an annual Owners' Day at his Pant Wilkin Stables.

As you can see from Mike's photos , the day was a huge success, providing prospective investors and current owners with the opportunity to meet his fantastic team and to see the horses on parade.

Great British Skinny Dip participants go 'au naturel' at Monknash

The Great British Skinny Dip took place over last weekend and local participants went 'au naturel' at Monknash Beach. A spokesman explained that the idea was for people to go costume-less and raise awareness "of how many people's buttoned up attitude to the human body is causing them them to lead potentially unhealthy lives."

MESSY CHURCH

MESSY Church meets at Crossway Methodist Church on Monday, September 19, from 3.30pm.

With Harvest in mind, there will be messy crafts, Bible stories and fish and chips. To book a place, contact Deacon Sam on 01446 406262 or *deaconsam@live.co.uk*.

Messy Church is suitable for children of all ages and an adult must accompany children.

Appeal over fake £50 notes

SOUTH Wales Police is investigating an incident involving the use of counterfeit currency, which was passed at supermarket in Cowbridge.

Two incidents occurred – seven minutes apart – with the first at 4.50pm on July 10, 2016, where counterfeit £50 notes were used.

A police spokesman said: "If you have any information regarding this offence, or have been passed similar counterfeit currency, please contact police on 101, or contact Crimestoppers, anonymously, on 0800 555 111 quoting occurrence: 1600258491"

Conservative Leader's tribute to WWII veteran

COMMENTING on the sad news of the passing of World War II veteran and Vale resident Eileen Younghusband, South Wales Central AM and Welsh Conservative Leader Andrew RT Davies has paid tribute to her for the key role she played in stopping German rockets that devastated British cities.

Mr Davies said, "At just 19 years of age, Eileen Younghusband joined the Women's Auxiliary Air Force and used her remarkable talents to play a key role in keeping our cities safe from rockets that caused such danger and devastation.

"Without her vital contribution, far more lives would have been lost and the destruction would have been immeasurably worse.

"She was a true hero and an inspiration to us all – as we all enjoy the peace and freedom we so often take for granted we must all be truly grateful to her for the role she played in making this possible.

"What is truly incredible is that no matter what challenges faced her, she always stood up to them and took them on with enthusiasm, letting nothing get in her way.

"Whether it was keeping our cities safe during the War, completing a degree in her eighties or fighting for campaigns she believed in – she would never be fazed and would always stand tall."

"She will be truly missed in Sully, across the Vale and further afield, and I would like to pay tribute to her for the significant achievements that she made."

Barry man who served in every civic office

LOCAL historian Laurie Owen continues his look at Barry history, and reports on at the first Chairman of Barry District Council, who was also a successful timber importer.

John Claxton Meggitt born 1858 in Wolverhampton, and came to Barry in 1884 as the construction of the docks was just beginning.

His father Joseph was a commercial clerk in the timber trade, so it is likely that John, as a young boy of 15, would have worked with him in Shelton & Son's, the timber merchants alongside the canal in Wolverhampton.

Joseph's position must have been responsible and well-rewarded, as the family had a servant living with them as early as 1861.This early introduction would give him an insight into the workings of the business, but he could not have known at that stage where his future would lie.

When Joseph and Sarah Meggitt gave their first-born son the middle name of Claxton, this surely meant they were expecting great things from him and it's true to say that he did not disappoint them.

This quiet village in south Wales was destined to become a boom town providing opportunities for ambitious young men and with his knowledge of the timber trade, he left the comforts of home in England in search of a new adventure.

It is not known how John came to know an older native of Merthyr with the impressive name of David Sibbering Jones, but very soon 'Meggitt & Jones' were trading as timber merchants, initially operating from the Old Harbour, before moving to Cadoxton and then finally to the docks.

In 1887, John married Beatrice Mary Proger, daughter of prominent businessman John, a master plumber employing 17 men and also a town councillor living in Park Place, Cardiff.

The speed and scale of J C Meggitt's achievements were impressive indeed because since his arrival in Barry in 1884 as a young single man, he had immersed himself not only into building a business, but had also take a keen interest in the local community.

Initially, the interests of the town were controlled by the Local Board for the District of Barry and Cadoxton, then in 1895, at the first annual meeting of the new Barry Urban District Council, John was elected its chairman.

At various times he was chairman of the Public Libraries Committee, was one of the founders of the first reading rooms in Cadoxton, and a vice president of the Barry Cyclists' Club.

He was also chairman of many other committees, an elected Liberal councillor for Barry and Cadoxton, and a staunch non-conformist advocate of the Temperance Movement.

One of his finest achievements must be that in 1891 he bought a cottage at 34, Kingsland Crescent, and gave free use of the premises to the Barry Nursing Association. In the early days, it was only voluntary donations which paid the expenses and every year they lost money, until in 1896, the C H Bailey staff of the Tyne Engine Works agreed to donate one penny a week with the owner matching their contributions.

This gesture would soon lead to similar schemes from other workers on the docks. Finally by 1900, the urban district council were persuaded to help pay the costs out of the rates.

Sister Amy Evans was its first nurse, who later would become the superintendent of the new Accident and Surgical Hospital set up next door at No. 36 in 1895. Sadly, in 1898 after a disagreement, she resigned and set up a 'voluntary hospital for the destitute, sick and dying' at 161, Holton Road until moving opposite to a larger property in 1903. This building on the corner of Castleland Street is still referred to as the 'Amy Evans', by the older residents of town.

It should be remembered that John's initial act of generosity in purchasing the property for such a good cause, would eventually lead to the building of Barry Accident Hospital in Wyndham Street in 1908, which would serve local residents for many years.

As a businessman, he could also see the benefits of being a good employer and in 1895 he took 50 workers to Ilfracombe and on another occasion to Minehead on the P & A Campbell paddle steamer. In 1904, they went to Abergavenny with no mention of the mode of transport.

In 1898 as an alderman on Glamorgan County Council, he resigned and was re-elected by 507 votes to 56. As a JP he could be found dealing with criminals at court, but he was also one of the education enthusiasts of vision and high ideals, pressing for secondary education, and when Barry County School opened in 1896, John was a governor.

An interesting tale was recorded in 1902 at Barry Docks when the SS *Platea* with its large cargo of spruce for Meggitt & Jones, was offloaded in six working days, when the previous record was nine and a half days at Liverpool.

Records show that at various meetings, there would often be disagreements among the local politicians which would then lead to readers' letters in the press, much as we still enjoy today.

In 1891, John was living on Park Road in a large house which he named 'Seacroft', with his wife Beatrice, eldest daughter Dorothy, baby John Stanley and two servants, with his business partner a near neighbour.

On a personal note, my paternal grandfather learned his trade as a gardener to Lord Derby on his Fairhill Estate in Hildenborough, Kent.

Unfortunately, the death of his employer in 1908 led Charley Owen to make the major decision to start a new life as a gardener to a timber merchant in south Wales.

This journey with his wife Emily Jane and six young children from 'The Garden of England', would lead to a whole new generation of Welsh people born to an Englishman with a Welsh surname.

For reasons unknown, John had advertised in a newspaper in Kent and Charley, no doubt with a good reference from 'his lordship', was employed as a gardener to Mr Meggitt at 26 shillings a week.

As a matter of interest, Barry Council was paying gardeners 28 shillings a week at that time, but I imagine grandfather Charley was just pleased to be in employment again. By coincidence, the eldest son of Charley Owen would marry and later live at Meggitt Road at the Colcot.

By 1911, the Meggitt family consisted of eldest daughter Dorothy, first son John a timber clerk, Frank a scholar and second son, 15-year-old Arthur, away at Mill Hill Public School in London. In a further sign of the standing of this family, with Isabel Wakefield now their cook and chambermaid Minnie Maria Wakefield caring for their family needs, my grandfather would supply their fresh produce, grown in the extensive grounds of Seacroft.

The Barry Dock News reported in 1899 that John visited his cousin Jonathan in the USA, to aid his recovery from a health problem. While he stressed how wonderful were the sights, his overall impression was one of corruption, which thankfully did not occur in Barry.

He would later sail from Liverpool to Boston aboard the SS *Celtic* in 1928, followed by a journey to Niagara Falls in 1931 at the age of 72. A fine tribute to J C Meggitt appeared in the Western Mail in 1907, calling him a "pioneer of modern Barry, filling every available representative public position over an 18-year-period."

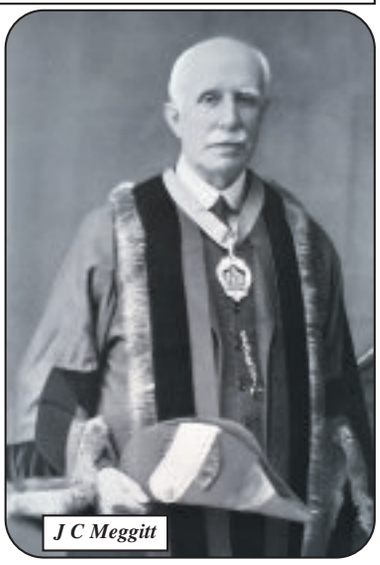
Failing health had caused him to resign as alderman some years earlier and soon after as a councillor, though he did remain a JP for many years. His name still appeared in the press over the years and he was always concerned with the education of children.

In 1919, he gave 7,000 primary school pupils an illustrated book entitled *World Tyranny or World Freedom,* so that they may know the true meaning of the First World War. His wife Beatrice Mary must have also been very active because in 1919, the Queen of the Belgians awarded her the Queen Elizabeth Medal for 'rendering much self-sacrificing service to the Belgian nation and its refugees' during the war.

What is interesting to me as a lifelong Barry resident is that as adults, we knew about Meggitt & Price on the docks, but actually it was not until 1965 that Meggitt & Jones merged with Thomas & Price to take on the new name.

As a fitting tribute for the tremendous contribution he made as the town was growing, when Barry became a Borough in 1939, John was elected 'The Deputy Charter Mayor' with The Right Honourable The Earl of Plymouth, P C, the 'Charter Mayor.'

John Claxton Meggitt 1858-1950: After a long and fulfilling life, he died in his beloved Seacroft in his 92nd year. After a service in Windsor Road Church, he was buried in Merthyr Dyfan Cemetery, with the request that there be no flowers.



J C Meggitt

New doctors recruited

Dr Matthew Jones

Dr Qian Chen

MORE than 300 junior doctors have joined Cardiff and Vale University Health Board this August as the Autumn induction programme gets under way.

During their time at the board, they will be working on various rotations including paediatrics, trauma, surgery and general medicine.

Matthew Jones from Somerset has been training for five years and decided to pursue a career as a GP in Cardiff after working both in Wales and England. His first day was in paediatrics, in which he will spend six months before rotating to the emergency unit to learn more about trauma.

He said: "I graduated from Cardiff University and thought I would come back to the hospital that I know reasonably well. It's a big hospital, it's a trauma centre, it's certainly somewhere where you would learn an awful lot of medicine or surgery."

Dr Qian Chen chose to come and work in Cardiff from Shanghai and said he was starting in surgery, but had an interest in paediatrics. He said: "Firstly, my seniors told me that Cardiff, and Wales in general, has a really good teaching programme for junior doctors, and everyone is really nice and supportive and you learn a lot here.

"Secondly – at the time – the junior doctor contract was quite a concern for doctors in England, so I think that is a big reason why many of us chose Wales this year.

"Thirdly, I was feeling quite adventurous myself and thought I'd never been to Cardiff or Wales, so I thought I would come here and explore."

St Fagans' free food fest features family fun, foraging and fly-fishing

TAKE some stalls showcasing the finest Welsh foods and drinks, add a healthy helping of history, mix it up with free admission and serve it all in a unique open-air setting!

This is what will be happening at St Fagans National History Museum over the weekend of September 10 to 11, from 10am to 5pm as the St Fagans Food Festival returns to tickle the taste buds.

Visitors can taste and buy produce from more than 80 stalls around the museum, buy bread and cakes baked in the bakehouse and try home-made pork sausages made with meat from animals reared at the museum.

From traditional Welsh fare to 'cutting-edge' cuisine and cheese to chocolate brownies and Welsh cider – there will be plenty of treats for everyone.

As well as whetting the appetite, there will be plenty of family friendly demonstrations and activities to feed the mind.

Share your family recipes with us at the Oakdale Workmen's Institute from 11am to 3pm on both days.

Drop in to Gwalia Stores to see what would be in a 1920s' shopping bag and how much it would cost. Meet members of the Great War Society to experience the life of soldiers and nurses during the First World War, but without the 'crump'.

Join Adele Nozedar, the 'Hedgerow Guru', on a tour to find out more about the range of edible plants in the gardens, or try your hand at fly fishing on the castle lakes with world champion 'castmaster' Hywel Morgan.

For more information, visit museum.wales/stfagan

Valeways walks

On September 10 at 2pm, 'Penblwydd Hapus Eglwys St Augustine', starting at the cliff top cafe, Penarth, CF64 5BP.

On Wednesday, September 14 at 10.30am, the Cosmeston Coffee Shop Strollers meet at Cosmeston Country Park visitor centre.

Also on September 14 at 2.30pm, the Llantwit Major Coffee Shop Strollers meet at Llantwit Major Town Hall car park.

On Thursday, September 15 at 10am, Crwydro Penarth, Gorsaf Reilfford, Penarth.

Beetle drive for roof

ALL Saints Church, Barry, is holding a beetle drive in the church hall on Friday, September 16 at 6.30pm.

Tickets are £4 for adults and £1 for children, with light refreshments included. There will also be a raffle. For tickets and information, contact David Ball 07704 350809. All proceeds will support the recently-launched roof restoration fund.

Samaritans go into schools for a new 'DEAL'

SAMARITANS Cymru has launched a pilot school partnership with eight secondary schools in Cardiff and Rhondda Cynon Taf.

All eight schools will be teaching a set of lesson plans developed and written by Samaritans for the next academic year.

The DEAL (Developing Emotional Awareness and Listening) teaching resources have been created to help prevent emotional distress in young people and break down barriers around talking about emotional and mental health.

The secondary schools involved in the pilot are Greenhill Special School, Cathays High School, Whitchurch High School, Fitzalan High School, Cardiff High School, Corpus Christi High School, Ysgol Plasmawr and Aberdare Community School.

Samaritans Cymru said that in the context of a reported increase in self-harm admissions, eating disorders and referrals to mental health services in Wales, their schools resource has been met with enthusiasm.

DEAL is designed to encourage young people to talk about their problems and help them to develop coping strategies, whilst learning to recognise when they need help.

Sarah Stone, executive director for Wales said: "With half of all mental health problems beginning by the age of 14, school years are the crucial opportunity to equip children and young people with the skills they need to face the future with resilience and optimism. Emotional health lessons in schools could reduce pressure on mental health services and reduce specific mental health problems."

Kirsty Williams, Welsh Government secretary for education, said: "It is vital we continue to do all we can to support children and young people who are experiencing emotional difficulties.

"I am therefore heartened to see this commendable collaboration between schools and Samaritans Cymru and pleased this valuable resource will be made available to others via 'Hwb', our digital learning portal."

The launch of their project arrives as The Children's Society's annual review of young people's wellbeing suggests that 13,000 girls in Wales aged between 10 and 15 – one in seven – were 'not happy' with their lives.

According to the survey, the number of girls stating they were unhappy has risen 21 per cent over the last five years. The proportion of boys aged 10 to 15 who reportedly said they were 'unhappy with their lives' remained at one-in-nine.

The bilingual web-based lesson plans are available to download for schools and educational settings in Wales through their website.

In addition, as part of the launch, the resources will also be available to download through 'Hwb', a collection of digital resources which have been created or endorsed by Welsh Government.

To find out more about DEAL or download the resources, please visit www.samaritans.org/DEAL

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LAW FIRM INVESTS IN BARRY AND BRIDGEND

The team at the new offices in Bridgend.

FAST-GROWING south Wales law firm CJCH Solicitors has reaffirmed its commitment to clients in the Vale of Glamorgan and Bridgend by investing in new and refurbished offices.

CJCH, a Wales top-20 law firm with headquarters in Cardiff, has more than 100 staff spread across its headquarters and offices in Barry and Bridgend.

The firm has now opened a new office in Dunraven Place, Bridgend, and has rebranded and refurbished its two offices in Thompson Street, Barry.

"This investment in Barry and Bridgend shows our continuing commitment to these areas," senior partner, Stephen Clarke said. "We have a new Cardiff headquarters and our international business is growing rapidly, but our commitment to the Vale and the Bridgend areas is equally strong."

The Barry offices are the base for a team of 20, and have been rebranded and refurbished to enable clients to access a full range of services.

The all-new Bridgend office incorporates Wales' oldest law firm, Gaskell and Walker, formerly of Park Street, and has a team of 14.

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Brynteg Cottage, Treoes, Vale of Glamorgan, CF35 5DL.
£164,950

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OFF ROAD PARKING
VIEWING RECOMMENDED

MARCROSS

OPEN TO OFFERS

£239,950
Channel View, CF61 1ZE
FREEHOLD, THREE BEDROOM
CHANNEL VIEWS
SPACIOUS REAR GARDEN, NO CHAIN

LLANTWIT MAJOR

NEW

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VIEWING IS HIGHLY RECOMMENDED

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NEW

OPEN HOUSE
SATURDAY 10TH
SEPTEMBER
BY APPOINTMENT ONLY
BETWEEN
10AM AND 1PM.

Hellas Drive, Barry - £350,000
Four double bedroom detached residence situated on the highly desirable Highlight Park development enjoying panoramic views across the Vale of Glamorgan.

NEW

Afal Sur, Barry - £249,950
Three bedroom detached residence comprising; Entrance porch. Hall. Lounge. Dining room open onto modern fitted kitchen installed 2014. Utility room. Cloakroom. Conservatory. Driveway and garage.

NEW PRICE

OPEN HOUSE
SATURDAY 17TH
SEPTEMBER
BY APPOINTMENT ONLY
BETWEEN
10AM AND 1PM.

Tynewydd Road, Barry - £334,950
Four double bedroom detached residence set within generous gardens, situated in the heart of Barry. Renovated throughout to a high standard and offering ideal family accommodation.

Old Chapel, Barry - £345,000
Grade II listed detached chapel set within wrap around gardens with detached garage and bespoke accommodation. Comprising; Lounge. Music room. Kitchen/dining room with utility area. Cloakroom. Four bedrooms and family bathroom. Driveway and garage.

NEW PRICE

St James Crescent, Barry - £300,000
Four bedroom detached property comprising; Hallway. Three reception rooms. Conservatory. Kitchen/breakfast room. Utility room. Bathroom and en suite. Rear garden. Driveway and integral garage. Countryside views.

Waters Edge, Barry - £179,950
Two bedroom ground floor apartment comprising; Entrance hallway. Open plan living room and fitted kitchen. En suite shower room and bathroom. Secure, gated allocated parking. Sea views. NO CHAIN.

Glan y Mor, Barry - £116,950
Three bedroom ground floor apartment comprising; Communal hallway. Entrance hallway. Lounge/dining room. Fitted kitchen. Bathroom and en suite shower room. Waterfront views. NO CHAIN.

Llewellyn Street, Barry - £101,950
Newly refurbished three bedroom mid terrace property comprising; Entrance hallway. Lounge. Dining room. Modern fitted kitchen and ground floor bathroom. New flooring throughout. NO CHAIN.

NEW

John Street, Barry - £99,950
Three bedroom mid terrace property situated in the East end of Barry. Accommodation briefly comprising; Entrance porch. Living room. Kitchen. Ground floor bathroom. NO CHAIN.

Port Road East, Barry - £239,950
Three double bedroom semi detached property comprising; Hallway. Two reception rooms. Fitted kitchen. Sun room and Downstairs w/c. Large rear garden. Driveway for four/five vehicles. Garage.

Heol Miaren, Barry - £255,000
'Redrow' three/four bedroom detached residence comprising; Lounge. Dining room. Conservatory. Modern fitted kitchen. Utility room. Family bathroom. Enclosed, south facing rear garden. Driveway for two vehicles and converted garage.

NEW

Pontypridd Road, Barry - £279,950
Two/three bedroom detached bungalow comprising; Entrance porch. Hallway. Lounge. Dining room. Kitchen/family room. Utility room. Bathroom. Driveway. Garage. Large mature rear garden. NO CHAIN.

NEW

St James Crescent, Barry - £379,950
Well presented executive five/six bedroom detached residence situated in a cul de sac location within the sought after West end of Barry. Benefiting from views over farmland and open countryside. Offered for sale with no chain.

NEW PRICE

Barry Road, Barry - £229,995
Three bedroom semi detached property comprising; Hallway, Lounge, Dining Room, Lean-to/Summer room, Fitted kitchen, Family bathroom. Large, south facing rear garden. Driveway and Garage. Sea views to first floor.

Ty'r Sianel, Barry - £119,950
Two bedroom first floor apartment comprising; Communal hallway. Entrance hallway. Living room. Kitchen. Bathroom and en suite shower room. Gas central heating. Allocated parking and visitors' parking. NO CHAIN.

Cliffwood View, Barry - £315,000
Four bedroom detached bungalow set within a cul de sac location situated in the highly sought after Garden Suburb comprising: Hallway. Living room. Conservatory. Kitchen. Driveway and garage.

Coronation Street, Barry - £114,995
Two bedroom mid terrace property comprising; Two reception rooms. Kitchen/dining room. Two double bedrooms. Bathroom. Enclosed rear garden. Close to amenities and public transport.

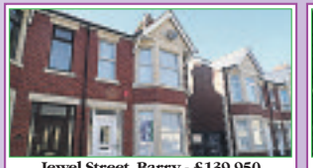
Bell Street, Barry - £128,000
COMPLETELY RENOVATED THROUGHOUT. Two bedroom mid terrace property comprising; Entrance porch. Living room. Modern fitted kitchen, downstairs w.c/utility room and first floor bathroom. NO CHAIN.

NEW PRICE

Verona Place, Barry - £86,950
Three bedroom mid link property situated in the East end of Barry. Accommodation briefly comprising: Entrance hallway. Downstairs w/c. Living room. Kitchen/breakfast room. Utility room. Shower room. NO CHAIN.

Butt Lee Court, Barry - £84,950
Two double bedroom first floor apartment with panoramic views across Barry comprising: Entrance hallway. Generous lounge/dining room. Kitchen/breakfast room. Two double bedrooms. Bathroom. NO CHAIN.

Colcot Road, Barry - £350,000
Spacious and beautifully presented three double bedroom detached residence, one of only three of it's kind and benefiting from many original features with architectural plans for a double storey extension. Large garden approx 300ft. Driveway and garage.



Jewel Street, Barry - £139,950
Traditional three bedroom bay fronted property situated in the heart of Barry. Accommodation briefly comprising: Entrance hallway. Two reception rooms. Kitchen. Downstairs family bathroom. NO CHAIN.

Park Road, Barry - £439,000
Well presented and maintained four bedroom detached residence situated on the fringe of Porthkerry Country Park within the sought after West end of Barry. Benefiting from an annex with living accommodation.

COMMERCIAL

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Palmers Vale Business Centre, Barry
£365,000 (FOR SALE)

The property is located on a secure multi-unit business centre, in easy access to Cardiff and M4 corridor. Property is benefitting from 6,000 SQ FT with a large concrete yard that is fully enclosed with fencing and two entrances. Unit comprising internal offices and large warehouse space.
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West End Location
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NEW SSTC

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4 Beds. 2 Recps.
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Requires Work.
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Sought After Village.
£349,950 C69

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2 Beds. Gardens.
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West End Location.
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3 Beds. Conservatory.
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2 Bedrooms
Garage
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£215,000 C69

Cattwg Close, Llantwit Major
2 Bedrooms
Driveway
Kitchen/Breakfast
£135,950 D66

Heol Y Fro, Llantwit Major
4 Bedrooms
Conservatory
Rarely Available
£209,950 D60

NEW

Cwrt Y Cadno, Llantwit Major
2 Bedrooms
Driveway
No Forward Chain
£135,950 C79

NEW PRICE

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3 Beds. Cons.
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Windmill Close, Wick
4 Beds. 2 Recps.
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Sunset Cottage, Wick Road
3 Bedrooms
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4 Beds. 2 Recps.
Driveway. Garage.
Rarely Available
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Flanders Meadow, Llantwit Major
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Chris Davies

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£650 PCM.

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Kitchen/diner, GCH.
D66, Band C.
£670 PCM.

Pontypridd Road, Barry.
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£795 PCM.

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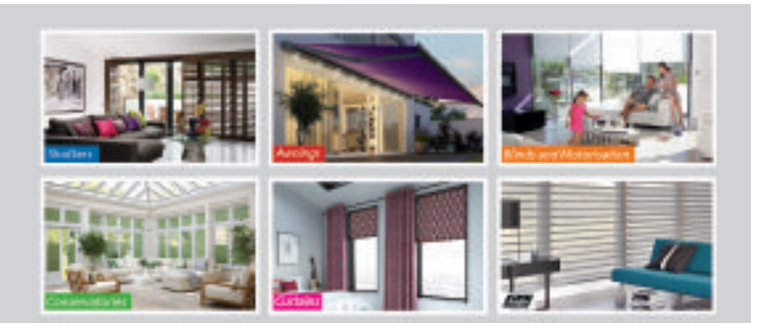

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Family Centred Funeral Services. All profits donated to charity
For caring, sensitive, bespoke funeral arrangements at a time of need.
Contact Huw Parkman based at
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Reliable delivery through the letterbox every week! Free online too!
The number of local paid-for newspapers continues to decline. Here, we keep you up to date with the...

LATEST NEWSPAPER SALES FIGURES!

The GEM	45,489	Dec 2015	Priceless
Barry & District News	3,929	Dec 2015	Paid 50p
Penarth Times	4,132	Dec 2015	Paid 50p
South Wales Echo	19,158	June 2015	Paid 65p
Western Mail	18,641	Dec 2015	Paid 80p
Glamorgan Gazette	9,094	June 2015	Paid 90p
Wales on Sunday	14,789	Dec 2015	Paid £1.50

The GEM's weekly figure includes door to door delivery and numerous popular outlets from Penarth to Porthcawl
Latest abc Data available
That's why advertisers continue to enjoy a positive response from us - The GEM is 'Priceless'!
Remember - we distribute over 45,000 complimentary copies of The GEM throughout the Vale, Bridgend & Porthcawl every week – packed with all the content that makes a community newspaper really worth reading!
(Figures correct as of April 2016)

Family Notices

BOSTOCK
James Frederick (Jim)

We regret to announce that James Frederick Bostock of Llantwit Major passed away peacefully on August 25. Dear husband of Betty and father of David and Paul.

Resting at W.A. Brown & Son, College Street, Llantwit Major until the funeral service on Monday, September 12 in Coychurch Crematorium at 2.45pm. Family flowers only but donations may be made to Age Concern c/o the funeral home (cheques only).

LLEWELLYN
Joyce (Née Spooner)

Peacefully on August 31, Joyce aged 82 years, beloved wife of Brynmor, much loved mum of Andrea and Glenda. Loved mother-in-law to David and adored nan of Nicole and James.

Joyce will be sadly missed by all her family and friends.

Resting at A.G. Adams & Son until the funeral service in the Chapel of Rest on Wednesday, September 14 at 11am, followed by committal at Cardiff & Glamorgan Crematorium. Family flowers only. Donations in lieu, if so desired, for Ty Hafan Children's Hospice c/o the funeral director.

MOFFATT
Helen Elizabeth

Suddenly on August 24 at her home, Helen, aged 36 years, much loved partner of Craig, devoted mum of Mia, dearly loved daughter of Graham and the late Gloria. Fantastic sister of Rachael, Claire and Jamie, loving step daughter of Liz, amazing aunty to Taylor, Tom, Holly and Dan and step sister to Anthony and Gareth.

She will be greatly missed by all her family and many friends.

Resting at the private funeral home of J.Pidgeon & Son, 539 Cowbridge Road East, Victoria Park, Cardiff until the service at Cardiff & Glamorgan Crematorium, Port Road East, Barry, CF62 9PX on Friday, September 9 at 11am (where friends please meet). Immediate family flowers only, please. Donations would be appreciated in Helens memory to Neonatal Intensive Care Unit, via www.justgiving.com/crowdfunding/HelenElizabethMoffatt

AMOS
Alan John

It is with great sadness that Pam and Russell announce that, after a long battle with Pulmonary Fibrosis, Alan passed away on the August 28 at the University Hospital of Wales, aged 78 years, with his devoted family at his bedside.

Alan will be greatly missed by all who knew and loved him.

Resting at The Vale Funeral Service, 181 Court Road, Barry until his service at Mount Pleasant Chapel on Wednesday, September 14 at 11.15am, followed by interment at Barry Cemetery. Family flowers only. Donations if desired may be made at the service to support Marie Curie Hospice, Penarth.

Black attire optional. For further enquiries contact Lyndsay Ellis, 01446 407962.

JONES
Dorothy (Dot)

Passed away peacefully on August 28 at UHW Cardiff, aged 90. Resident of Sully for most of her life.

Dot will be sadly missed by her family and friends.

Resting at James Summers and Son, Lavernock Court, Penarth until her funeral service at Cardiff and Glamorgan Crematorium, Port Road East, Barry on Friday, September 9 at 1pm.

Flowers if desired may be sent to the funeral home.

JACOB
Edna Louvain (Née Amos)

Peacefully at Llandough Hospital on August 30, aged 101 years, of Cartref, Porthkerry and Cadoxton. Beloved wife of the late Sydney, devoted mother of Maria, Barbara and the late Glenys, respected mother-in-law of Charles, Don and the late Norman. Cherished nana of her six grandchildren, eleven great-grandchildren and two great-great-grandchildren. Edna is survived by her sister Helen.

Funeral Wednesday, September 14, service at Luchana Mission, Cadoxton at 1.30pm, followed by interment at Merthyr Dyfan Cemetery.

Flowers and enquires to W.H. Preene & Son, 54 Main Street, Cadoxton (Tel 01446 420520).

FACKRELL
Patricia Ann

Passed peacefully on September 5, aged 79. Patricia was a devoted mother to Brett and Nikki, a much loved mother-in-law and grandmother.

Patricia will be sadly missed by all her family and friends.

Resting at Park Independent Funeral Directors until the funeral service at Gelligaer Church on September 14. The service will be followed by a burial at Gelligaer cemetery, followed by the wake at The Hollybush Inn, in Nelson. Flowers are welcome and will be much appreciated by the family.

McGHAN
Lewis

Sadly passed away on September 1, aged 30 years. A much loved son of Wendy and John, devoted daddy to his only daughter Darcie. Cherished brother to Marcus, Kirsty, Fraser, brother-in-law to Zhanna and Peter. So adored by his nieces and nephews Grace, Hugo, Theo and Florence. Dearly loved by his fiancée Vicki and Chase.

Funeral service at Cardiff and Glamorgan Crematorium, Barry on Wednesday, September 14 at 2pm. Family flowers only.

Our hearts are broken,
The gap can never be filled,
We will love and miss you forever,
You are never more than a thought away,
Sleep peacefully sweetheart,
Until we meet again.

Night, Night, Darcie xxx

In Memory

EMMA DAY

04/07/1973 - 07/09/2015

You always had a smile to share, time to give and time to care. The tears in our eyes we wipe away but the pain in our hearts is here to stay. Deep are the memories and precious they stay, no passing of time will take them away.

Love you always
Mam, Dad and Rachel *xxx*

Acknowledgements

FRANCIS
Peter Edwin

The family would sincerely like to thank everyone who came to Peter's funeral and for the cards and messages of sympathy.

Our special thanks go to the doctors at Cowbridge surgery, to the staff at Brocastle Care Home, Caring Companions and Cherish Cymru for the wonderful care and support given to Peter and Ann. Thanks also to Rev Heather Weddell and Andrew Thomas (Thomas Bros Funeral Directors) for the beautiful service and arrangements.

McCORMACK
Paul Augustine Martin

Moira and family wish to thank all family and friends for the overwhelming gifts of love, support, comfort, cards, letters and messages of condolence received during this sad time.

Many thanks to the Reverend Father Mark J. Rowles and Messrs. J.R. & M.F. David for organising the Requiem Mass and cremation. St. Patrick's Missionaries will include you all in their masses and prayers for one year at our request.

Thank you for generous donations made to The Salvation Army.

In Memory

THOMAS
Gwyn

4/5/1939 - 8/9/2015

I know a smile I would love to see
A loving face so dear
I know a hand I would love to hold
A voice I long to hear
I could try until forever
But I'd never find a way
To tell how much I loved you
And still miss you every day.

One year ago, always in my thoughts and missing having fun. Cath xx

Birthdays

90 ◆ 90 ◆ 90 ◆ 90 ◆ 90 ◆ 90 ◆ 90

Happy 90th Birthday

Trevor Glanville

He will be 90 on September 9, 2016

Lots of love, Jean, Alun, Linda, Gaynor, Liam, Andrew, Emma, Richard, Rachael and Greg *xxx*

50 • 50 • 50 • 50 • 50 • 50

Wendy Short

Fabulous 50!

Happy Birthday

on September 10th

Love from all your friends at **The GEM** *xxxx*

Public Notice

PDC / APW PANEL DYFARNU CYMRU ADJUDICATION PANEL FOR WALES

HYSBYSIAD O BENDERFYNIAD

CYFEIRNOD Y TRIBIWNLYS:	APW/002/2015-016/CT
ATEBYDD:	Y CYNGHORYDD ROBERT CURTIS
YR AWDURDOD(AU) PERTHNASOL:	CYNGOR BRO MORGANNWG CYNGOR TREF Y BARRI

Llofnod: Dyddiad: 10 Awst 2016

Emma Boothroyd, Cadeirydd Tribiwnlys yr Achos
Susan Hurds, Aelod y Panel
Juliet Morris, Aelod y Panel

NOTICE OF DECISION

TRIBUNAL REFERENCE NUMBER:	APW/002/2015-016/CT
RESPONDENT:	COUNCILLOR ROBERT CURTIS
RELEVANT AUTHORITY(IES):	VALE OF GLAMORGAN COUNCIL BARRY TOWN COUNCIL

1. A Case Tribunal convened by the President of the Adjudication Panel for Wales has considered a reference in respect of the above Respondent.
2. In a letter dated 22 February 2016, the Adjudication Panel for Wales received a referral from the Public Services Ombudsman for Wales ("the Ombudsman") in relation to allegations made against Cllr Curtis. The allegations were that Cllr Curtis had breached the Vale of Glamorgan Council and Barry Town Council Code of Conduct by receiving a conviction on 27 May 2015 for common assault. Cllr Curtis touched the leg of a female with whom he was bird-watching in a bird hide on Sully Island.
3. In accordance with Cllr Curtis' wishes, the Case Tribunal determined its adjudication by way of written representations at a meeting on Monday 25 July 2016 at the Welsh Tribunal Unit Office, Wood Street, Cardiff. The Case Tribunal found by unanimous decision that Cllr Curtis failed to comply with the Vale of Glamorgan Council Code of Conduct and the Barry Town Council for the following reasons.
4. Paragraph 6.1 (a) of the Vale of Glamorgan Council Code of Conduct states that you must not conduct yourself in a manner which could reasonably be regarded as bringing your office or authority into disrepute. Paragraph 6 bullet point 1 of the Barry Town Council Code of Conduct states members must not conduct themselves in a manner which could be regarded as bringing the office of member or their authority into disrepute.
5. The Case Tribunal found that the conduct of Cllr Curtis in touching a female without her consent was unacceptable conduct. The Case Tribunal considered that the resulting criminal proceedings and the negative publicity surrounding those proceedings could be regarded as bringing the office of member into disrepute. The Case Tribunal concluded that Cllr Curtis' conduct had brought his office as member into disrepute.
6. The Case Tribunal considered all of the positive testimonials and evidence provided by Cllr Curtis of his work as a councillor. The Case Tribunal had regard to all the mitigating features of the case including the effect these proceedings have had on Cllr Curtis and his family and the steps he has taken to apologise. However, the Case Tribunal considered that in order to uphold public confidence in democratic institutions and maintain proper standards of conduct it was necessary in this case to suspend Cllr Curtis for a period of three months. The Case Tribunal considered that this period was sufficient.
7. Cllr Curtis should be suspended from acting as a member of the Vale of Glamorgan Council and Barry Town Council for a period of 3 months or, if shorter, the remainder of his term of office, with effect from the date of this notice.
8. The authorities and their Standards Committees are notified accordingly.
9. The Respondent has the right to seek the leave of the High Court to appeal this decision.

Signed: Date: 10 August 2016

Emma Boothroyd, Chairperson of the Case Tribunal
Susan Hurds, Panel Member
Juliet Morris, Panel Member

Situations Vacant

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Full Time and Part Time Chefs
Contact Richard or Bob on 01446 710428

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CENTRAL RHOOSE UNFURNISHED 1ST FLOOR FLAT
2 bedrooms, excellent condition. Off road parking. Access not shared. £525 per month. Bond required. No DSS. Available now.
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Public Notice

MALCOLM STANLEY RUSSELL
(Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 64 Pencoedtre Road, Barry, Vale of Glamorgan CF63 1DL, who died on 21/06/2016, are required to send written particulars thereof to the undersigned on or before 09/10/2016, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.
Clarence Law as Attorney for the Personal Representative,
Heron House, Tetbury's Bridge Road, Stratford-upon-Avon CV37 9BX.

Lost

LOST
Miss. Isamba Tausi Mwinyimbegu
lost passport at 353 Holton Road, Barry on 31st August 2016.
07847 667086

MISSING
Yellow and green male budgie. From Boverton, Llantwit Major area
Reward Available
07837 413770

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FULL/PART
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10th & 11th Sept at 10am
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Walking aid S3 Rollator by Volaris
with sit down facility, brakes & attachable shopping basket. Stylish Swedish design, folds & fits readily in average car boot. Excellent condition.
£85
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Public Notice

THE VALE OF GLAMORGAN COUNCIL
CYNGOR BRO MORGANNWG

Planning (Listed Buildings and Conservation Areas) Act, 1990
Town and Country Planning (Development Management Procedure) (Wales) Order 2012

Development that may affect a Conservation Area/ Datblygu a allai effeithio ar Ardal Gadwraeth

Application No:/ Rhif y cais: 2016/00809/FUL
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge
Conservation Area:/ Ardal Gadwraeth Cowbridge

Application No:/ Rhif y cais: 2016/00903/FUL
Proposal:/Cynnig: Installation of a wood burning stove with steel chimney and increase height of front boundary wall/fence
Location:/Lleoliad: The Stables, Squire Street, Llysworney
Conservation Area:/ Ardal Gadwraeth Llysworney

Conservation Area Consent / Caniatâd Ardal Gadwraeth

Application No:/ Rhif y cais: 2016/00833/CAC
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping .
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge
Conservation Area:Ardal Gadwraeth Cowbridge

Application(s) of General Interest/ Ceisiadau o Ddiddordeb Cyffredinol

Application No:/ Rhif y cais: 2016/00809/FUL
Proposal:/Cynnig: Redevelopment to form 38 retirement apartments for elderly including communal facilities, access, car parking and landscaping
Location:/Lleoliad: Land to the rear of Westgate (East of Eagle Lane), Cowbridge

Application No:/ Rhif y cais: 2016/00927/FUL
Proposal:/Cynnig: Proposed conversion and extension of existing property to form ground floor commercial units with 10 self contained apartments at ground, first and second floors. On site cycle parking, and refuse storage facilities
Location:/Lleoliad: 33, Holton Road, Barry

May affect a Public Right of Way/ Gall effeithio ar Hawl Tramwy Cyhoeddus

Application No:/ Rhif y cais: 2016/00980/FUL
Proposal:/Cynnig: An agricultural building for the housing of cattle
Location:/Lleoliad: Land at the Lawns, Cwrt Yr Ala Road, Michaelston le Pit

Details may be inspected for 21 days at the address given below, or via **http://vogonline.planning-register.co.uk/**

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriad a roddir isod, neu drwy **http://vogonline.planning-register.co.uk/**

Dated / Dyddiedig: 8 September, 2016

V. L. Robinson
Operational Manager,
Regeneration and Planning,
Vale of Glamorgan Council,
Dock Office, Barry. CF63 4RT

Wales coach Gatland gets the Lions call!

WARREN GATLAND has been named head coach of the British & Irish Lions for a second time for their tour to New Zealand next summer.

The Lions will play 10 matches on the tour, including three test matches against the All Blacks, and Gatland will be hoping to inspire the team to a series win, having been at the helm when they defeated Australia in 2013.

Gatland said: "It's a huge honour and when you get offered probably the biggest job in world rugby against the best opposition in world rugby, it's very difficult to walk away from it.

"It's massive, having experienced playing against the Lions I know what it means to face the Lions, so to go to New Zealand and lead the team against back-to-back world champions in their own back yard, there's no bigger challenge.

"We've got to go there and believe we can put together a team that can be successful."

Gatland will temporarily step down from his role as Wales coach and will be replaced by Robert Howley, who coached Wales to the 2013 Six Nations title when he replaced Gatland in similar circumstances when he was named the Lions coach for that year.

Gatland will name his backroom staff on December 7.

His appointment was welcomed by current Wales captain Sam Warburton, who said: "He brings experience and the fact that he's been on a winning Lions tour already."

Warburton also felt that Gatland's experience with Lions – as head coach in 2013 and as part of the backroom staff in 2009 – would stand him in good stead with the challenge ahead.

The tour, which has drawn some criticism for its scheduling, begins on June 3 where the Lions will face a provincial union team at Toll Stadium, Whangarei.

GARETH JAMIESON

'Speedwatch' volunteers target Vale motorists

'Community Speedwatch' volunteer Jane Mathias and PCSO Angela Stone monitor speed of traffic in the rural Vale.

NEIGHBOURHOOD police officers covering the rural Vale are helping to put the brakes on speeding motorists.

In almost every ward with the Vale, speeding motorists is a PACT priority and one of the most talked about issues.

PCSO Angela Stone said: "At a recent PACT meeting in Aberthaw, local residents said they were very concerned at traffic speeds. Officers will be targeting certain areas and will carry out enforcement operations in an effort to reduce speeds and promote safer driving.

"One successful local campaign by the villagers of Ystradowen has resulted in the installation of a pelican crossing. However, vehicles using the A4222 between Cowbridge and Pontyclun road are still travelling irresponsibly through the village."

Neighbourhood beat manager, PC Stuart Elson said: "We regularly get reports from across the Vale about speeding vehicles. It is a PACT priority in the majority of our wards.

"South Wales Police is committed to reducing road traffic collisions and keeping people safe. Speed enforcement is an import part of this. Local residents and motorists can expect to see an increased number of speed enforcement exercises in the area. It is time for drivers to slow down or face the consequences."

Renal research celebrated at Cardiff reception

RENAL research was celebrated at a recent reception in Cardiff, which saw kidney patients and medical staff joined by Kidney Research UK to highlight local success.

Wales was the first UK country to introduce a 'soft op-out system' for organ and tissue procurement. Ogmore Assembly Member, Huw Irranca Davies said: "On hearing this system is already recognised as being highly successful, it is good to hear that Wales is leading the way by supporting and recognising the advances being made in renal research.

Sandra Carrie, chief executive of Kidney Research UK, said: "Government support is needed to shore up the rich foundation of talent, knowledge and potential that Kidney Research UK has helped develop in the Welsh renal 'community' with strategic action so that we can improve the prospects for every kidney patient."

Cowbridge RFC defeated despite late comeback

THE first game of the season saw Cowbridge travel to Penygraig on a typically wet and windy day.

Last season Penygraig pipped Cowbridge home and away, and this was a similarly close encounter. Fielding one the youngest teams for a long time, Cowbridge kicked off in the pouring rain and were soon on the scoreboard with a well taken penalty by fullback and acting captain Ben Wright.

Both sides showed plenty of enterprise with Cowbridge's Rhod Walker and Kieren David making the hard yards and Wright was just wide with a second penalty after a good up and under and take.

Even though there were some problems in the scrum, Cowbridge looked the more dangerous side and a great rip from a maul by excellent No.8 Dan Holder looked to send the backs towards the try line but the otherwise very good referee bizarrely gave a penalty.

Penygraig edged into the Cowbridge 22 and another penalty was converted to level the scores. With a couple of minutes of the first half led Penygraig took the lead with a second penalty. The half-time score was Penygraig 6, Cowbridge 3.

Cowbridge started the second half well and some deft handling by prop Craig Boxall almost resulted in a try, but it was the home side first to score with a third penalty from 40 metres.

Soon after a fracas ensued in the middle of the pitch resulting in a red card for a Penygraig second row for headbutting. Following the penalty a fine touchline burst by hooker Rhys Price took Cowbridge up to the 22, but Penygraig soon fought back to the Cowbridge line and desperate defence resulted in a yellow card for the aforementioned Price.

As the relentless rain continued and both teams down to 14 with Penygraig camped in their favourite corner of the pitch and from a scrum drove over for the first try of the game.

Despite being back to 15 men and with some fresh legs on the field,the relentless mauling of the bigger home pack resulted in a second try this time converted. Although facing an 18 point deficit Cowbridge's heads did not drop.

With the heavier Penygraig pack visibly tiring and a couple of crunching tackles by No. 10 Alex Guard Cowbridge were soon in the home 22.

Following a couple of storming runs by substitute Geraint Thomas as well as a quickly taken tap penalty, quick ball along the backs saw centre Pat George burst through near the post. Wright added the extras.

Despite a Penygraig foray into the Cowbridge 22, a loose ball was snapped up by scrum half Adam Dix who spun a superb pass to wing Zac Summerhayes who charged forward, chipping the ball into the 22, winning a lineout.

From the lineout the ball was tapped down to prop Dai Popham who managed to slip a pass to Rhys Price to slide over in the corner.

Unfortunately, that was almost the last play of the match and the referee blew for full time leaving 29 exhausted players on the pitch and a final score Penygraig 21, Cowbridge 15.

In spite of the conditions, this was a thoroughly entertaining game. Cowbridge left it just a little too late to clinch a win.

It was great to see so many players available, especially from last year's successful youth team. Not enough room to mention everyone, but all the squad contributed, long may it continue.

Finally, mention must be made of Richard Killick who ran the line in such awful conditions, last seen as an extremely large puddle on the floor of Penygraig clubhouse!

This Saturday the firsts are home against Cefn Coed and the following Saturday we take on Llandrindod Wells at home in the first round of the prestigious National Bowl. On September 24 we travel to Wattstown.

Preceding the Cefn Coed game this Saturday is a very special occasion. Kicking off at 11.30am is an Army AAC XV against a Cowbridge XV, selected by friends of Tom Clarke.

Firstly, the match ball will be delivered to the Athletic ground at 11.15am by helicopter - a spectacular start to what should be a memorable day,so get there early.

This should be a tough encounter with little given on the pitch but plenty of fun afterwards. The brave men and woman of the AAC will be remembering one of their own. All present will remember Tom Clarke, a great friend.

After the game the teams and supporters will be available to lend support to the first XV in their match against Cefn. Refreshments will be available throughout the day. **RV/RK/JW-D**

Lisa and Bethany land gold at trials

LISA Lindsay from Llantwit Major and Bethany Jarvis from Llansannor travelled to the Sapey Horse trials, near Ludlow, in north Herefordshire on Sunday, September 4, to compete in the British Eventing affiliated Horse Trials.

The one day event, comprising of dressage, show jumping and a cross country was made up of 22 various jumps including various shaped/sized fences, hedges, ditches and a large water jump.

Lisa, competing in the BE80 Section O was riding Janis Allen's Hello Dolly IV and had a very good dressage score of 23.5 penalty points, a clear round in the show jumping ring and an excellent cross country round, finishing the two kilometre course neatly within the specified time limit and finished first in her class.

Bethany, competing on her own horse, Freddie Lane, in the BE80 Section N , had an excellent dressage score of just 18 points followed by a clear round in the show jumping and an excellent cross county round.

Pictured above are Bethany (on the left) and Lisa (on the right) with their winning rosettes and prizes.

Congratulations to both girls who travelled the six hour round journey and were rewarded by winning gold.

PL

FINALS DAY TAKES PLACE AT COWBRIDGE BOWLS CLUB

THE Cowbridge Bowling Club finals got underway on Sunday, September 4.

Even though the skies were grey we were all relieved that the rain held off, given the atrocious weather on the Saturday. The green was showing the effects of Saturday's wet weather with trails of water coming off the woods as they traversed the rink.

In the morning the 2-wood singles final saw Roger Barwick take an early lead, and though Bob Penn fought back to level the scores at 8-8, Roger played some excellent ends to win by 21 shots to 15.

In the Millennium Plate between Sandra Collin and Diane Lloyd the game was all square at the half way point before Sandra surged ahead to win 23-10.

In the afternoon the rain held off for the spectators to enjoy two hard fought ladies pairs. Diane Lloyd and Shirley Wilkinson picked up seven shots on one end to create an early 16-1 lead.

However, Sandra Collin and Sylvia Hole battled back winning eight of the next nine ends to come back to 18-12. This spurred Diane and Shirley to renewed efforts and they got back in the groove to run out winners by 24-14.

In the men's pairs Bob Penn and Jim Hewlett were up against a very strong duo of Roger Barwick and Ron Frayling. Although Bob and Jim had some excellent woods into the head and managed to score 5-5 after eight ends, Roger and Ron proved the stronger pairing running out winners by 22 shots to 8.

On Monday, September 5, the weather hadn't improved in the morning the couples cup and mixed pairs took place in damp and drizzly conditions.

In the couples cup, Bob and Maggie Penn played against Norman and Shirley Wilkinson. It was an even contest with the Penn's making steady gains over the 21 ends eventually winning 17-11.

President Mansel Davey presented a new cup, donated by club member Len Taylor, to the winners.

The mixed pairs saw Alan Wallace and Helena Snelling playing against Ron Frayling and Joan Bradley. Although tying after five ends, Helena and Alan won the next seven ends picking up ones and twos and building up a useful lead that Ron and Joan were not able to pull back. Alan and Helena eventually won by 25 shots to 10.

In the afternoon, the climax of the club competitions were the ladies and the mens single finals. The weather conditions deteriorated into continual drizzle but this did not dampen the quality of the two games or the enthusiasm of the spectators.

At times the two games even exhibited the same scores, 7-7 after 10 ends and 15-12 after 17 ends. In the ladies match, Diane Purnell was leading 19-16 needing only two shots to move to 19-20 but dropped four shots to allow Lynda Wilson to move to 19-20.

Lynda didn't give Diane a second chance and picked up the single shot to win the match and become ladies champion for the first time.

In parallel with the excitement on the ladies rink the men's match was also drawing to an exciting conclusion. Roger Barwick was behind 14-17 against Terry Dunsworth and picked up five shots over the next two ends to move into the lead 19-17 for the first time in the match.

The expectations were that Roger, who had been club champion for the past four years, would cross the finishing line in first place again. However, Terry was determined not to let this happen as he came back with three points in the next end to move 20-19 in front.

Terry's first wood of the final end finished right next to the jack and try as he might Roger was unable to move it, leaving Terry Dunsworth as our new men's single champion for the first time.

As club president Mansel Davey said, these games were a fitting climax to an exciting and, at times, unpredictable season. He thanked the organisers, helpers, spectators and competitors for making it such a successful event.

Before these competition finals the men had one final league match to play on Saturday, and this was away to St Albans in Cardiff.

Because of the adverse weather only 15 of the 21 ends were played. Cowbridge lost the match 40-65 and it is likely that Cowbridge will play in a lower league next season.

Some good news to finish - 50 of the clubs members will embark on a five day bowling tour to Stratford on Sunday. Players have been divided into two teams and will play at various venues.

AW/MB

Strong first game for Llantwit Major RFC

CANTON were the visitors to the Recreation Ground as Llantwit Major RFC commenced the new season.

In conditions more adept to the middle of winter with constant heavy rain and a strong south westerly wind, both teams deserve recognition for playing an entertaining game of running rugby.

The summer cobwebs were slow to be blown off as a comedy of errors highlighted the start with the Canton outside half failing to connect with the ball on the dropout and shortly later Llantwit's star full back Rory Budina forgetting to take the ball with him as he set off on one of his trademark runs.

As both teams settled down there were some big tackles being put in by Rob Carter and Gareth Watts, early pressure leading to a penalty kick by Dan Powell.

Canton responded with a penalty of their own after taking a scrum against the head, however this proved to be the last time Canton would dominate the scrum as new tighthead prop Alex Bloomfield and man of the match loose-head Geraint David took hold of proceedings.

Llantwit soon recovered the lead, a quickly taken free-kick by the evergreen Shaun Shea and resulting ruck gave returning outside half Robin Lock the opportunity to see a mismatch in defence. Quick hands through the three quarters ending with Budina putting through a kick and chase for a fine try to make amends for his earlier mishap. The try complemented by an excellent touchline conversion by Powell.

Canton responded quickly regaining possession and some dominant forward driving leading to a converted try from a lineout.

Llantwit soon took control of the game again as their now dominant scrum pressured the Canton line, inevitably leading to a penalty try.

As the game approached half time Llantwit began to dominate the game and their summer preseason training with fitness conditioner Mathew Mazzitelli began to show as some of the Canton forwards were already beginning to tire. The impressive boot of Powell putting over another three-point penalty before the half time break.

The second half mirrored the end of the first half as the Llantonian forwards controlled possession giving scrum half Rhys Balmont a chance to show good footwork in making several breaks and the three-quarters some excellent handling in the constant rain.

Their dominance allowing new coach Dean Bunting to make changes and use up all his match day squad with last year's youth team player Steff Godwin making his first league appearance as a senior player.

Llantwit's early second half pressure meant Canton were now under increasing pressure at the tackle area.

A period of play in the Canton 22 leading to a quickly taken penalty and Rob Carter barging over from close range at the school end.

This sadly was the last real action to the second half as the game started to fragment with several errors breaking play down on both sides.

Llantwit were arguably guilty of trying too hard in attempting to go for a bonus point try and Canton to their credit stubbornly refusing to bow down.

Canton will be no push overs this season and will no doubt prove tough opponents on the return fixture. The final score at the Recreation Ground was 30-10 and time for players and supporters alike to dry off. One supporter even commented that at least the rain is warm at this time of the year!

A good solid start to the season then for Llantwit, though undoubtedly sterner tests lie ahead, starting this Saturday with a trip up to the Rhondda Valley and Tylorstown RFC, who themselves got off to a good start with a 30-point win away to Cardiff Saracens.

AH

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Barry Athletic enjoy solid start to the season across all age groups

BARRY ATHLETIC Football Club have made a promising start to the 2016/17 season.

The men's Premier League team, coached by David Govier, have had two wins against Masons FC and Dinas Powis Athletic and drawn against Rhoose.

The pick of the 13 goals scored so far has been from Teejay Caton. Caton received the ball in his own half, danced through three Masons players and calmly tucked the ball into the bottom corner of the goal.

The First Division team, coached by Jeff Howells, have beaten Cadoxton Athletic, Dockers Reunited and Barry Belgrade in their first three outings following promotion from Division 2.

The highlight has been a free kick from just inside his own half from Anton Williams. After asking referee Jonny Miller if the free kick was direct, Williams spotted the Cadoxton Athletic keeper slightly off his line and drilled a long shot into the top corner of the net.

The club would like to thank Spartan Motor Factors of Broad Street, Barry and Nisa Local of Vere Street, Barry for their sponsorship of men's match day kits for this season.

Barry Athletic under-16s have also started the season well with a 3-1 win over Sully.

The under-15s start their season with a trip to Sully this week.

The club will be fielding mini football sides at under-11s, under-9s, under-8s, under-7s and under-6s when the mini season starts on September 17.

Gary Oxley, Richard Harris, Kenny Vaughan, Julian Brana, Gareth Fuller, Richard Johnson and Ryan Mackay have all been added to the already experienced coaching set up throughout the club.

The club return to the Athletic Ground on September 24 following the end of the cricket season where they entertain Sully Sports at 2pm. Entry is free and the bar will be open after the game.

The club are always seeking sponsors and match day volunteers. Individuals interested in groundsman duties or in IT/media are also being sought by the club.

For further information, please contact club chairman, Ady Gratton on 0772 2124759 or a.grat@yahoo.co.uk.

AG

Cowbridge Darts League round-up

ON Tuesday, September 6, the 2016-2017 season of the Cowbridge Darts League got underway - results will be reported in next week's GEM.

This year the number of teams has increased again and we have 10 teams competing, hosted by seven pubs.

The venues are: Edmondes Arms, Cowbridge; Farmers Arms, Aberthin; Llanharry Working Men's Club, Llanharry; Highwayman Inn, Nurston; Six Bells Inn, Penmark and new hosts this season the Red Lion, Bonvilston (hosting the team that last season played from the Old Post) and the Victoria Inn, Sigingstone (hosting a team new to the Cowbridge Darts League).

Next week, Tuesday, September 13, we have another full programme of league fixtures. The Farmers B hosts the Highwayman Inn, the Edmondes C hosts the Edmondes B, Llanharry hosts the Six Bells Inn, the Victoria Inn hosts the Red Lion and the Edmondes A hosts the Farmers Arms.

All matches start at 8.15pm and spectators are always welcome.

For further information, e-mail Paul at cowbridgedarts@gmail.com. Up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

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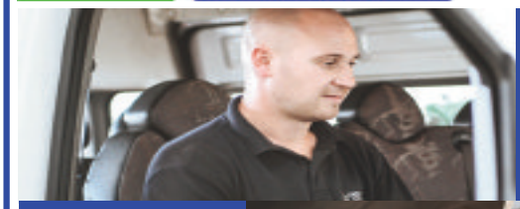

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LIFETIME ACHIEVEMENT AWARD FOR WELSH RUGBY LEGEND 'SID' DAWES

ONE of Welsh rugby's most iconic figures received a prolonged standing ovation when he stepped forward to receive an inaugural lifetime achievement award, at an emotionally-charged Cardiff Rugby Club on Thursday evening.

John 'Sid' Dawes, illustrious former captain of London Welsh, Wales, and the 1971 British & Irish Lions who won the epic (and only!) test series in New Zealand, was the first recipient of the award presented by the Welsh Rugby Writers' Association at its 42nd annual dinner.

It was handed over by his close friend and fellow '70s legend, John Taylor, who recounted how Dawes had transformed the Welsh style of play, both as player and coach, in a career packed with Grand Slams, Triple Crowns and championships during a golden decade – when Wales, with the likes of JPR, JJ, Merve the Swerve, Benny and Barry (who needs surnames still?), bestrode the rugby world with style and panache.

The evening, attended by past and present players, WRU and Welsh Regions' chiefs, and sponsors, also saw the first Lisa Burgess Women's Player of the Year award to Carys Phillips of Ospreys and Wales; along with Principality Premiership Player of the Year, Ronny Kynes (Ebbw Vale); and most promising player of 2016, Ellis Jenkins, of Cardiff Blues and Wales.

Not surprisingly, the main award of the evening, Welsh Player of the Year', deservedly went to the remarkably consistent Wales No 8, Taulupe Faletau, now of Bath, who seems destined to join the pantheon of all-time greats.

His award was received, in his absence, by retired Wales captain Ryan Jones, who quipped it was apt, given that he had been forced to act as a substitute for Toby at No 8 for the final two years of his playing career!

DON JOHN

The Vale of Glamorgan Football League round-up

IT was a busy week in the Vale League over the past seven days with plenty of action and a lot of goals.

Last Wednesday saw games played in the first and second division, as Cogan edged out rivals Sully 3-2, Barry Athletic B faced Dockers and Barry Belgrade played SP Billy with the home side in both games running out 4-3 winners.

Onto this past weekend and Premier Division action.

League leaders Vale United continued their impressive flawless start with a 5-0 win over Tynewydd, an impressive feat as Tynewydd held the best league defence across all three divisions last season, conceding only 22 goals all season.

St Athan got back to winning ways with a 3-1 west vale derby win over Cowbridge Town while Barry Athletic went second with a 5-1 victory over Masons Moving Group, which are still searching for their first point of the campaign.

Elsewhere, Rhoose and Island Marine played out a 1-1 draw while Penarth bagged a big away win at Dinas Powys Athletic, beating them 5-2.

In the first division it was a battle of Wednesday's winners and Barry Athletic B took the spoils over Barry Belgrade with a 5-2 victory.

Cogan and SP Billy played out a thrilling 4-4 draw while FC Pumas went goal crazy with an 8-3 triumph against Cardiff Airport.

The scoreline of 10-2 doesn't come along too often but like buses two came along at once as Dockers and Sully both won their games by that scoreline against Glenbrook and Cadoxton Barry respectively.

Division two saw Cadoxton Imps go top on goal difference with an 8-3 win over Rhoose B to continue their 100 per cent record.

Barry Saints kept their perfect start going with a 5-1 victory over third place Barry Albion. Penarth B get back on track with a 6-2 home win against St Athan B, as the away team failed to capitalise on a 5-0 win in the week, and BVFC continued their inconsistent form with a 6-2 triumph over Island Marine B.

This week sees a mixture of Barry Cup first round action and league fixtures for some teams who have received a bye.

Stand-out ties see Sully head to Penarth and Dockers go over the Island to play Island Marine: could we see a couple of upsets from the division one teams?

The two all-Premier Division ties see Barry Athletic play Rhoose and Tynewydd look for instant pay back as they host Vale United.

HD

Millwood try to end season *(but Mother Nature has other plans!)*

LAST week Millwood bowlers found themselves facing five games to be played so that the season would finish on schedule; however as we all know Mother Nature plays her cards and in the end only four were completed leaving the fixture against Pen-y-graig to be completed on Wednesday, September 9.

The week started with neighbours Romilly bringing a side to play the annual match for the Brian Oliver Trophy. The game got under way and after five ends Romilly were comfortably ahead 23-5, a position they were not giving up lightly, and as hard as the home side we could not dent the visitors' superiority on the night and they ran out worthy winners on the night and retained the trophy.

We look forward to our visit to Romilly next year when we will do our best to turn the tables.

On Wednesday the A side travelled to The Murch for a rearranged league match, the outcome of which could affect the teams' chances of promotion from Division 7.

The match started under overcast skies on a cool evening and after a strong effort from all rinks after five ends Millwood were leading 20-9.

However the next five ends set the tone for the rest of the match as at this stage Murch had reduced the deficit to five shots and at the end of a very closely fought contest Millwood managed to cling on to this advantage and ran out winners, 58-52.

Congratulations go to all players for a very enjoyable match played in the right competitive spirit.

On Friday evening the Millwood club side entertained Thomastown in a rearranged League 4 fixture; the game got under way and both sides got into their strides and after five ends scores were level at 15-15.

However over the next five ends Millwood eased into a 10-shot lead, but the visitors were not taking this lying down and over the next five ends reduced the deficit to three shots, thus setting up a nail biting last five ends in which Millwood managed to cling on to win by the narrowest of margins, 65-61.5, all players on both teams contributing to a very good game.

Saturday arrived (as did Mother Nature) with a deluge that lasted all day long but Romilly and Millwood bowlers decided that they could cope with the conditions, so out came the waterproofs and play commenced.

All rinks put in valiant efforts to maintain their standards but on this day, and in these conditions, it would prove impossible and with the home side winning heavily on two rinks and the visitors heavily on one - well done Alan Bumford - Romilly ran out convincing winners, 80-63.

A reminder for all club members that this weekend is club finals day and your support would be greatly appreciated by all finalists.

BH

Dinas Powys Golf Club: Ladies section

On July 31, the ladies held their 36-hole Club Championship between Carolyn Jones and Sue Bridle.

After 18 holes, Carolyn was in the lead, but Sue came back with some very steady play but eventually lost to Carolyn on the 31st hole.

Congratulations Carolyn on winning the Club Championship for the last two years.

On August 2, an 18-hole Stableford was held: 1st Vicki Ellison, 40pts; 2nd Catherine Roblin, 30pts.

On 9th August, an 18-hole Stableford: 1st Carole Reeves 31pts, 2nd Lisa Ryley 28pts on back nine from 3rd Ruth Yates. Also on August 9, a nine-hole Stableford: 1st Pam Warne, 2nd Terry Unwin.

On August 16, an 18 hole Stableford: 1st Sue Bridle 38pts, 2nd Audrey Harwood 32pts, 3rd Annie Blackburn 30pts. Also on August 16, a nine hole Stableford: 1st Dorothy Amery, 2nd Christine Nelms, 3rd Terry Unwin on back nine from Angela Thomas.

On August 23, an 18 hole Stableford: 1st Ruth Yates 34pts, on back nine from 2nd Sue Bridle 34pts; 3rd Audrey Harwood 30pts on back nine from Annie Blackburn.

On August 23, a nine hole Stableford: 1st Angela Thomas, 2nd June Jones.

On August 30, the Mary Nicholls Trophy Foursomes Medal: 1st Lisa Ryley/Ruth Yates 95 – 20.5 = 74.5 nett, 2nd Annie Blackburn/Sue Bridle 94 – 18.5 = 75.5 nett, 3rd Sian Smith/Maxine Hird 101 – 22 = 79.

Also on August 30, a nine hole Stableford: 1st Pam Warne, 2nd Angela Thomas, 3rd Kit Roblin.

RY

Tim's Fontwell winner

ABERTHIN'S Tim Vaughan landed the Winner Plant Hire Novices' Hurdle at Fontwell last Sunday with his five-year-old bay gelding *Canton Prince*, which, ridden by champion jockey Richard Johnson, came home nine lengths ahead of the favourite *Sir Toby* partnered by Sam Twiston-Davies.

Canton Prince, a winner of his previous start, was returned at odds of 9-2.

BRIAN LEE

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Delyth's *Kayclaire* wins by a head

The Vale's Delyth Thomas kept her fingers crossed when her *Kayclaire* and *Zayin Zamurai* dashed past the winning post together in the Wathba Stud Farm Cup at the Sheikh Mansoor Festival Arabian Horse Race meeting at Hereford.

Simon Walker on Kayclaire. *Photo by Debbie Burt.*

The finish was so tight that the judges called for a further photo-finish print which revealed that *Kayclaire*, who was ridden by champion jockey Simon Walker, had beaten *Zayin Zamurai*, partnered by Will Pettis, by a head.

Wales had more to celebrate when trainer Christopher Bull and rider Morgan Winstone scored with *Palma T* a winner in Holland.

She had raced for Stewart Shefras last season, but has been consistently making the frame in all her other races since moving to Bull's Tredegar yard.

Mr Bull said: "This is my first Arabian and she's the only horse we've got. She works on her own, though were very lucky to have the use of Dai Burchell's gallops. I started off pony racing on the Welsh circuit a long time ago now and I got into Arabian racing through Paul Beared and Delyth Thomas."

Winning jockey Winstone, from Pontypool, was clearly delighted with his first Arabian winner, saying: "So far I have only ridden for Chris but I'm hoping to get rides from other trainers."

GEORGE BEATS CHAMPION JOCKEY

George Blackwell, aged 17, who rides out for Aberthin's Tim Vaughan, landed a 14-1 winner for his guv'nor when winning the handicap hurdle at Southwell on 14-1 outsider *Dovil's Date* which came home 10 lengths ahead of the favourite *Nikki Steel*, partnered by champion jockey Richard Johnson.

Dovil's Date, a seven-year-old grey gelding, was backed from 20-1, so someone must have fancied it a little bit!

BRIAN LEE

Lee Byrne to lead S Wales Ironmen RL

FORMER Welsh Rugby Union and British and Irish Lions international Lee Byrne has been appointed director of rugby at South Wales Ironmen RL.

Byrne's appointment signals a new era for the club, which will play under the new name of South Wales Ironmen having competed for the past decade as South Wales Scorpions.

Sir Stan Thomas, the main benefactor behind Merthyr RFC's rise to the pinnacle of Welsh Club Rugby.

He, along with other members of Merthyr RFC and the South Wales Ironmen Board, have also announced the relocation of the club to new facilities at Wern Sports Park home of Merthyr RFC.

Byrne's arrival is one of a number of new additions including players from Australia, New Zealand and a returning Welsh Rugby League international joining ahead of the 2017 season.

Bowls club to hold international youth fixtures

BARRY Athletic Bowls Club are hosing a series of under-18s matches between Wales and England on Saturday, September 17, starting at 9.30am for the morning session.

There will also be a morning session starting on Sunday at 9.30am the following day (Sunday, September 18) finishing around lunchtime.

Come along and support these young bowlers. All are welcome. Car parking facilities are available at the club, which is situated next to the cricket ground on Barry Island.

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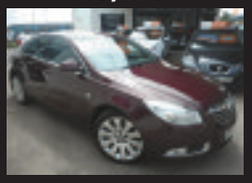

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12 **FORD Fiesta 1.2 Zetec 3-Dr** In silver, 34,000 miles, alloys, A/C etc **£5,995**

62 **VAUXHALL Astra 1.7 CDTi Active 5-Dr** In graphite grey, 78,000 mile, diesel **£5,995**

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Looking back at Cowbridge Cricket Club's season...

FOR Cowbridge Cricket Club's first and second XIs, the 2016 season proved to be one of progress.

The first XI were newly promoted to Division One of the South Wales Cricket Association and retained their new status with a degree of comfort while the second XI rose five places and challenged for promotion from Division Five.

Off the field the artificial net pitches were replaced, a new outfield mower was purchased and the scoreboard renovated. The pitches were excellent, certainly the best in most members' memory while the outfield continued to be quite magnificent.

Adding to the quality feel were splendid teas provided by the Aroma Café. All this was due to the hard work of a dedicated off the field team of chairman Hugh Williams, vice chairman Andy Brace, treasurer Paul Freeman, junior co-ordinator Sara Russell and the esteemed groundsman, Tim Williams.

However it was the captains who were responsible for the cricket and in Chris Willey and Jonathan Smart the club was fortunate to have two of the best.

In 2015 the first XI had been led by South African Neil Brand. Neil scored nearly a thousand runs and took 50 wickets. In 2016 Neil was eligible to play in the Premier League and as a budding professional it was no surprise that he decided he needed to play at the highest level he could.

The vacancy for the skipper's job was quickly filled when the senior players proposed Chris but even those who knew him best could hardly have imagined that he would undertake his new role with such aplomb.

A fine cricketer who had been with the club since he was youngster Chris demonstrated a tactical flair and in his level headed way an ability to treat triumph and disaster just the same.

It was as well that Chris possessed this quality as the first six matches were something of the latter and in early June Cowbridge were bottom and prospects were bleak.

Then came fightbacks to save draws at Gowerton and Maesteg Celtic and a scrambled win at Bronwydd.

Of the last 11 games of the season there were five wins and another match would certainly have been won but for the interference of rain. There was only one loss and a losing draw.

Had the league been just the last two thirds of the season Cowbridge would have been runners-up.

The talisman Ben Wright brought back to Cowbridge all the talent and professionalism he had shown in his distinguished career as a Glamorgan player averaging 100.

Most runs were scored by Ben's old schoolmate, Tom Merilaht, 625 at an average of 78 which was the rock on which the innings were built week after week.

Mike Lloyd slammed a magnificent 125 at Dafen and the return to the ranks of Adam Wood gave the side experience and stability. It was good to welcome Alastair MacAlpine and the Harper brothers who all played their parts.

With the ball Tom was the leading wicket taker with 20 but the advance of Sam Russell (15 wickets) and Rian Thomas (16) from promising youngsters to fully fledged Division One players was testament to the club's policy of giving young cricketers every chance.

Indeed Rian's 6-32 won the Gowerton match and Sam's 3-21 saw off Maesteg Celtic. Newcomer Jake George (11) may not have fulfilled expectations as a batsman but his miserly off spin was invaluable.

The league was won by Tata Steel, as good a side as has graced the division in recent years. For next season there is every chance that the competition will be less stiff as Aberdare are the newcomers dropping down from the Premier League.

The club needs to be a Premier League outfit, the structure and facilities are there and the way the first XI improved as the season progressed there are grounds for optimism that this ambition can be achieved in 2017.

For the second XI there was a major change in game regulations with the number of overs per side reduced to 40 from 50 and a straight win or lose format introduced.

This change was well received by the team who prospered under the leadership of former first XI captain Jonathan Smart.

Having done nearly every job in the club it was no surprise that new skipper was able to use the new regulations to turn around the fortunes of a side that had struggled a little in recent years.

As it turned out the second XI finished third, narrowly missing promotion. The success of the XI was based on the excellence of the opening pair of David Gascoyne and Jonty Webb. David made a big impact at the club in his first season coaching the under-11's but scoring the highest aggregate in the entire league, 701 runs while at the other end Jonty scored 450.

With Ian Évans' success as an off spinner and Rob Thomas continuing to get runs in the autumn of their careers it made it possible to develop Heath Webb, Lewis Sevenoaks and Will Harris who are in the spring of theirs. Naveed Younis and John Gilbert continued to make significant contributions.

To say that 2016 was a vintage season would perhaps be going a little far but that the club has made significant progress in undeniable.

Plans are already coming together for next year. It is hoped that the side will be strengthened especially in the bowling department.

The club has applied to stage a prestigious fixture and there are plans to refurbish and re-dedicate the Fred Dunn Gates 55 years after they were erected.

The story of the talented but tragic Dunn family and why the gates are dedicated to Fred will be published in The GEM to coincide with the Armistice ceremonies.

The biggest project in 2017 will be the building of a new equipment shed. The current one is more than 30 years old and is ready to make way for a larger and more substantial affair.

Such expenditure is vital to keep and enhance the standards of the club but the fact is that it is a task that will never be finished.

JRB

Cowbridge Cricket Club hosts its annual presentation evening

THE curtain has nearly closed to end the 2016 season.

It was intended to have a festival week of cricket to finish the season which included all the junior teams and senior T20 team. Due to prolonged holidays and lack of opposition the under-11 and under-13s teams went without games.

On Wednesday evening the senior T20 team had a convincing win against Barry West End by 75 runs.

The youngsters of the first XI batted in the top six with Rian Thomas leading the way with a retired 35 followed by Tom Harper.

A quick-fire 27 by Andy Harrison and a steady 21 by Matthew Keating posted a total of 176 for 6.

In reply B. Collins (36) and A. Fenton (13) gave a promising start but wickets fell regularly with a brace of wickets each going to Rian, Tom, Matthew Harper and David Kendrick with the visitors all out for 101.

On Thursday it was the turn of the under-15s to play a 16 over match against local rivals the Vale.

Cowbridge batted first and captain Sam Russell showed the way with a quick retired 20 followed by Harry Treharne 20 not out and Matt Purcey 15 not out in a total of 92 for 5.

In reply, steady bowling by the home team restricted the visitors to 85 for 6. Tom Wood gained his first wicket for the club in the last over of an exciting match that saw Cowbridge win by seven runs.

Congratulations to Sam Russell and his team for winning the Cardiff and Vale Junior under-15s B League having been unbeaten in seven games. The team now plays Lisvane in the play-off final for the Peter Hardwick Cup in Lisvane on Sunday, September 11 at 4pm.

On Friday, prior to the presentation evening the under-9s played an exhibition soft ball match against the under-15s due again to the withdrawal of a local team.

Heavily restricted, the under-15s lost the game by seven runs. Captain Theo Walker and team members Finley Thomas, Emrys Ireland, Lloyd Morris Carys Rendell, Harvey Rees, Osian Bowen, Joseph Phillips,Finley Hart and Lloyd Murphy were overjoyed by the result.

At the presentation, the following awards were handed out by the various coaches to recipients of player of the year and most improved. All team members received a club medallion.

Winners were: under-15s - Quinn Silk and Harry Donethorn; under-13s - Heath Webb and Sam Jenkins; under-11s - Finley Hart and Trystan MacIver; under-9s - Theo Walker and Chloe Williams.

In his closing remarks chairman Hugh Williams thanked all the coaches and support workers, parents and all team players for their efforts throughout the season.

Special mention was given to Sarah Russell for the sterling work she undertakes week in and week out as junior co-ordinator.

HW

UNDER-11S START RUGBY SEASON

SUNDAY saw the start of the season for the Cowbridge under-11s rugby team, where we were invited to join Penallta with their home fixture against Tonyrefail, neither of which we had played for many years.

Following the tremendous successes of last season, the coaches were keen to see how their talented squad would adapt to the new rules in the older age group. They weren't going to be disappointed.

Our first game was against Penallta and it was clear that both sides were a little "ring rusty" with numerous handling errors and missed tackles. However, the momentum that we carried over from last year began to show through.

Harry New started the season how he ended the last, opening the scoring for Cowbridge. This was closely followed by one for James Collingridge and a second for Harry, before Osian Bruce broke through the defensive line to seal the victory 20-0.

When they took to the field against Tonyrefail, you could tell that the boys had switched gear and were ready for action.

Paddy Whitestone crossed the line after a great run and offload by Harry, which was quickly followed by a clever interception try from James C and another from Harry after a weaving run from midfield.

The boys switched off, missed a couple of tackles and let Tonyrefail get one of their own, but that was to be their last.

The forwards sparked into action and put in some crunching tackles, turning the ball over numerous times for their backs and they didn't let them down scoring six unanswered tries.

The first came from Jimmy Williams, two from James Lord (the first of which was a fabulous team try involving almost every member on the pitch) and one each for George Tuckley, Osian and Sam Jackson. Final score 45-5.

AL

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Four goals, three points... the road to Russia starts here!

Wales too strong for Moldova after clinical and assured performance

by GARETH JAMIESON

Gareth Bale makes it 4-0 from the penalty spot.

Sam Vokes leaps high to head Wales into the lead against Moldova. ALL PICTURES BY HUW EVANS AGENCY.

THIS is rare territory for Welsh football. After all, we've become accustomed, over the last 50 or so years, to view the start of every qualifying campaign as 'the one', the time when best intentions become a reality and we finally make our mark by achieving qualification.

Of course, after the heroics of Euro 2016, that particular monkey has been removed from the back of Welsh football, but does lead to something that Wales' footballers have rarely faced – expectation.

Manager Chris Coleman was quick to point out last week that: "We've threatened before, promised everything and then delivered nothing. How many times have we finished strong at the end of one campaign and we say the next one is going to be the one? Then wallop, nothing."

Unbridled optimism would suggest that if we can reach the last four of the European Championships, surely there's nothing stopping us reaching the 2018 World Cup in Russia?

Well, aside from the new pressure of being top seeds in qualifying group D, there are also the likes of Serbia, Republic of Ireland, Austria and Georgia to contend with.

But first up for Chris Coleman's team were Moldova, who they entertained at the Cardiff City Stadium on Monday evening.

In a game that fans, management and players would hope would set the tone for the qualifying campaign ahead of them, Coleman added that: "... this first game - doesn't matter if it's home or away - you set your stall out, set down a marker. That's what we're going for."

Well that marker was laid down pretty forcefully with a convincing 4-0 win over a Moldovan side who looked painfully ordinary at times, yet had enough about them to frustrate Wales for the opening half hour of the game.

With such excitement sweeping the ground given that this was the first time the team had been in action since that Lyon evening against Portugal, momentum was certainly with the men in red, but it took them a while to get going, looking disjointed and lacking that final ball.

It's understandable, given their lack of time together and with the new season yet to truly bed in, but as the game wore on, so Wales began to look more assured and confident.

One thing they will need to get used to is teams coming to Cardiff and sitting back hoping to settle for a point; it was a tactic Moldova (arguably the 'minnows' of this qualifying group) were happy to utilise, their deep back line proving a tricky thing to break down with Wales resorting to long balls over the top to try and press home an advantage, which more often than not came to nought.

If Moldova needed reminding of their need to be tight defensively, notice was served when Gareth Bale whipped a free-kick from the right hand side in, which not only managed to evade the head of Sam Vokes but also narrowly the far post. But Wales were not to be denied, and the breakthrough came in the 38th minute.

It was Bale and Vokes again who combined, but this time the former's cross was met by the latter's head and Wales had the lead that they deserved.

It got better on the stroke of halftime when, after a poor clearance, the ball came to the feet of the impeccable Joe Allen who struck the ball through a sea of legs to double Wales' advantage and send them into halftime two goals to the good.

While Moldova's record of 14 defeats in their last 20 games made for grim reading on their part, the fact they had only conceded 26 goals over the course of those games showed how tricky they were to break down, making Wales' halftime lead that little bit more impressive.

The second half was there for Wales to take, and five minutes after the restart Bale benefitted from a lapse in concentration from a Moldovan defender and clipped the ball past the stationary keeper to further increase Wales' lead.

The game, understandably, then lost its edge somewhat – the Moldovans, beaten and just wanting the game to end, and Wales, assured of victory, lost some of their urge and intent, with constant chants from the ever-vociferous Canton Stand providing much of the entertainment.

But those who fancied an early exit to beat the traffic missed Wales' final goal; Bale was brought down in the penalty area, dusted himself off and converted the resultant spot kick to put the cherry on top of a confident team performance and move himself to within four goals of Ian Rush's goalscoring record of 28 international goals.

So, four goals and three points to set Wales off on the road to Russia, and, regardless of the opposition, a performance to build some momentum for the qualifying campaign.

While Bale was named man of the match, few would agree; whether it's the acceptance that Bale will always put in no less than 100 per cent or that we're just used to his feats of skill, the Real Madrid star's honour felt a little hollow.

It was in the midfield that you would have found a more suitable candidate, with both Joe Allen and Andy King (in for the injured Aaron Ramsey) imperious throughout and providing much of the team's attacking impetus, particularly in the early stages.

The defence was stoic when called upon, and both Sam Vokes and Hal Robson-Kanu (when called upon late on) looked sharp and complemented Bale in attack.

There were many positives to take from this victory (including the fact that this was Wales' biggest winning margin since 2003), but business picks up next month when Coleman's squad travel to Vienna to face Austria (who defeated Georgia 2-1 in their opening game).

A tricky tie certainly, but one that this squad will feel confident of performing well in, and where anything more than a defeat will be no doubt gratefully accepted.

Home advantage will be key in this group, and should Wales maintain their 100 per cent record at the Cardiff City Stadium, then picking up points on the road will only serve to tighten their grip at the top of qualifying group D, with Georgia the next visitors to Cardiff on October 9.

By then we'll know how smooth the road to Russia will be.

Gareth Bale (above) was named the official man of the match, but few would have argued had the honour gone to the imperious Joe Allen (below).

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